WHAT SHALL I COOK TODAY?

- 124 thrifty, healthful tested recipes

GOOD NEWS FOR GOOD COOKS

Naturally, you take pride and joy in serving your family tempting, healthful food, properly prepared. That's why you'll be so delighted with Spry, the new *purer* ALL-vegetable shortening. For Spry is such a vast improvement over ordinary shortenings. It makes food taste so much better. See for yourself. Try the new tested recipes in this book. Or use Spry in any of your favorite recipes. You'll marvel at the new lightness and finer flavors of your cakes and biscuits, the tenderness and flakiness of your pie crust, the crisp, brown deliciousness and wholesomeness of your fried food. Spry is tested and approved by Good Housekeeping Bureau.

You Can See Spry is Better

Even before you cook with Spry your own eyes will tell you how superior it is to ordinary shortenings. Spry is so much whiter, glossier, and smoother. It looks so fresh and sweet, so inviting.

For Spry is a *purer* shortening. It's ALL-vegetable, contains not an atom of animal fat, only the choicest and blandest of wholesome vegetable oils. Spry is made by new and improved methods in a gleaming new plant—years ahead of other shortening plants in equipment. Spry is one of the richest sources of energy for your family. It makes all foods more nutritious. Spry supplies valuable Vitamin E, important in a well-balanced diet. The smart lithographed can is easy to keep clean.

Creams so Easily—Blends so Quickly

Spry is always smooth and soft—ready-creamed for instant use. No long arm-aching mixing needed. Spry is easy to scoop out of the can—easy to measure. It blends with all other ingredients in a jiffy—whips up into a light, fluffy batter in no time. Even more important, Spry *holds* this light fluffiness, both in the mixing bowl and under oven heat. As a result, your cakes and biscuits have a wonderful new lightness and fineness of texture.

Fine-Flavored, Delicate Cakes

Cakes made with Spry have a far more delicate flavor, too. And here's the reason. Spry is so pure and sweet you always get full flavor value from all your ingredients. Spry never "covers up" or interferes with even the most delicate flavors. When Spry is used in cakes, with even a little butter, the cake will still have a true butter flavor. Spry makes all your baking taste twice as good!

Flakier, Tenderer Pie Crust

Pie crust, as you know, should be handled just as little as possible in the making if you want it to be tender and flaky. Spry cuts into the flour with astonishing ease—covering each tiny flour particle completely. That's why you can *always* tell a "Spry pie" by its wonderfully tender, flaky crust—its fine, delicate flavor. For Spry *never* develops off-flavors under oven heat —even a very brown pie crust tastes sweet. Never will it be a case of eating the pie filling and leaving the crust. Your family will devour it down to the last delicious crumb and shower you with compliments too!

Crisp, Tender Fried Foods—as Easy to Digest as if Baked or Boiled!

Spry makes an amazing difference in *all* your frying. It's easier and pleasanter to use. Doesn't smoke at frying temperature. Doesn't absorb food flavors or odors. Stays fresh and clear after repeated fryings. You can use it over and over—it's so economical. Spry quickly forms a crisp, golden crust that *seals in flavor, prevents sogginess.*

How your family will relish meats and fish fried in Spry, all brown and crusty outside, deliciously tender and meaty inside! How they'll love your light, tender croquettes, fritters and doughnuts! No need to forbid second helpings. Foods properly fried in Spry are as easy to digest as if baked or boiled.

The wide variety of *Home-Tested Recipes* in this cookbook will help you plan more appetizing and nourishing dishes. The directions are easy to follow. Spry will help you to get perfect results.

DEEP FRYING

Try the Better Spry Way to Perfect French Fried Potatoes

FOR deep frying, use straight-sided kettle two-thirds full of Spry. Use frying thermometer, if possible, keeping a watchful eye on temperature. Fry only a few potatoes at a time to prevent fat boiling over. New potatoes require a longer time for frying than old ones. Thus the required frying time may range from 5 minutes for old potatoes to 20 minutes for new ones.

French Fried Potatoes

Every man's choice with juicy broiled steak.

WASH and pare potatoes. Cut lengthwise in pieces, 2½ x ½ inches. Soak in cold or ice water 1 hour. Dry thoroughly between towels. . . . Heat Spry gradually to 385°F., or until a 1-inch cube of stale bread turns golden brown in 1 minute. . . . Drop carefully ½ pound potatoes, a few at a time, into fat. . . . Fry until potatoes float on top and are golden brown (5 to 20 minutes). They should be tender and mealy. Drain on absorbent paper. . . . Raise temperature of Spry to 385°F. Add another ½ pound potatoes and continue frying. . . . Sprinkle potatoes with salt and serve immediately. . . . Serves 6.

6 large potatoes (2 pounds)
3 pounds Spry (3-quart kettle)

For *Shoestrings*, cut potatoes in long, narrow strips.

For *Chips*, slice potatoes wafer-thin.

After Frying, Strain Spry through Cheesecloth into Empty Can

WHEN through frying, place several layers of cheesecloth in a strainer and hold over empty Spry can. Then ladle in Spry, thus filtering out any food particles. Use Spry over and over again for deep frying. Spry does not absorb the odors of foods during frying. The same Spry may be used continuously for frying onions, fish, doughnuts, potatoes, and other foods.

French Fried Vegetables

Crisp . . . delicious . . . tender . . . digestible.

PARBOIL flowerets 10 to 15 minutes. Drain well and sprinkle with salt and pepper. . . . Dip in flour, then in beaten egg, and then in crumbs. . . . Fry in deep Spry (380°F.) until brown. Drain on absorbent paper. . . . Delicious in vegetable plates.

Sprinkle slices of eggplant with salt and pepper, dip in flour, then in beaten egg, and again in crumbs. . . . Fry as for cauliflower.

Cauliflower, separated into flowerets
1 egg, slightly beaten with 1 tablespoon water

Eggplant, pared and cut in ¼-inch slices
Sifted bread crumbs

All measurements in this book are level

DEEP FRYING

Doughnuts

- 4 cups sifted flour
- ½ teaspoon nutmeg
- ¼ teaspoon cinnamon
- 1 teaspoon salt
- ¾ teaspoon soda
- ½ teaspoon cream of tartar
- 2 tablespoons Spry
- ¾ cup sugar
- 4 egg yolks, beaten or 2 eggs and 1 egg yolk
- 1 cup thick sour milk

SIFT together flour, spices, salt, soda, and cream of tartar. . . . Cream Spry and sugar until well blended. . . . Add egg yolks and beat until mixture is light and fluffy. Add milk. Add sifted dry ingredients and mix thoroughly until smooth. . . . With as little handling as possible, roll dough on floured board to ¼-inch thickness. Let dough stand 20 minutes. Cut with 2½-inch doughnut cutter. . . . Fry in deep Spry (375°F.) until brown, turning when first crack appears. Drain on absorbent paper. . . . Makes 3 dozen. . . . If sweet milk is used instead of sour milk, reduce milk to ¾ cup, omit soda and cream of tartar, and use 3½ teaspoons baking powder. . . . Egg yolks make more tender doughnuts than whole eggs.

To sugar doughnuts, cool first, then shake in a paper bag with granulated or confectioners' sugar.

Pictured in color on page 5.

Orange Tea Doughnuts

- 2½ cups sifted flour
- ¼ teaspoon soda
- 1½ teaspoons baking powder
- ½ teaspoon salt
- 2 eggs, well beaten
- ½ cup sugar
- 1 tablespoon grated orange rind or 1 teaspoon orange extract
- ⅓ cup sour cream

SIFT flour with soda, baking powder, and salt. . . . Beat eggs, add sugar gradually; then add orange rind and cream. Add sifted dry ingredients and mix thoroughly. Roll on floured board to ¼-inch thickness. Cut with small doughnut cutter and fry in deep Spry (380°F.) until brown, turning when first crack appears. Drain on absorbent paper. . . . Makes 2½ dozen small doughnuts.

Serve these at your next party—you'll get loads of compliments.

Raised Doughnuts

- 1 cup milk
- ½ cup Spry
- 1 teaspoon salt
- ¾ cup sugar
- 2 compressed yeast cakes
- 2 eggs, beaten
- 5 cups sifted bread flour

SCALD milk, add Spry, salt, and sugar. Stir until dissolved. Cool to lukewarm. . . . Add crumbled yeast cakes. Stir until dissolved. Add beaten eggs. Add flour and knead to a smooth dough. . . . Cover and set in a warm place; let rise until double in bulk (about 2 hours). . . . Roll ½-inch thick on floured board. Cut with a 2½-inch doughnut cutter. Place on greased pan at least 1 inch apart. Cover and let rise in a warm place until double in bulk. . . . Fry in deep Spry (365° to 375°F.) until brown, turning once. . . . Drain on absorbent paper; sprinkle with sugar and cinnamon. . . . Makes 2½ dozen.

Light-as-down doughnuts with superb flavor. Let them rise until very light before frying.

Molasses Doughnuts

- 5 cups sifted flour
- 1 teaspoon salt
- 1 teaspoon soda
- 1 teaspoon ginger
- 1 teaspoon cinnamon
- 1 egg, well beaten
- 1 cup molasses
- 1 cup thick sour milk
- 2 tablespoons Spry, melted

SIFT flour with salt, soda, and spices. . . . Beat egg, add molasses, sour milk, and melted Spry, and mix well. Add sifted dry ingredients and mix thoroughly. Roll on floured board to ¼-inch thickness. Cut with 2½-inch doughnut cutter. Fry in deep Spry (370°F.) until brown, turning when first crack appears. Drain on absorbent paper. . . . Makes 3 dozen doughnuts.

DEEP FRYING

Apple Fritters

No end of fruit fritters may be made from this recipe. They're crisp, tender, digestible—and so good!

- 1 cup sifted flour
- 1¼ teaspoons baking powder
- ¼ teaspoon salt
- 1 egg, beaten
- ⅓ cup milk
- 2 teaspoons Spry, melted
- 2 large apples, pared and sliced
- 1 tablespoon lemon juice
- ¼ teaspoon nutmeg
- ¼ teaspoon cinnamon
- 2 tablespoons sugar

SIFT flour, baking powder, and salt together. . . . Combine egg, milk, and Spry. . . . Add to dry ingredients, beating until smooth. Chill batter to make fritters lighter. . . . Sprinkle apple slices with lemon juice, spices, and sugar. . . . Dip apples in chilled batter and fry in deep Spry (375°F.) about 5 minutes, or until brown. . . . Makes 10.

Bananas may be halved lengthwise, then cut in short pieces across, sprinkled with lemon juice and powdered sugar, dipped in batter, and fried.

Canned pineapple slices may be drained, dipped in batter, fried, and sprinkled with powdered sugar.

Orange sections may be seeded, dipped in batter, fried, and served with an orange sauce.

Fresh apricots, pears, or peaches may be cut in desired shapes, dipped in batter, and fried.

Fresh raspberries or blueberries may be added to the batter before frying.

Corn Fritters

Make plenty—everyone will surely want "seconds."

- 2 eggs, beaten
- 2 cups canned or cooked fresh corn
- 2 tablespoons parsley, chopped fine
- ¾ teaspoon salt
- Dash of pepper
- ½ teaspoon soda
- 1 teaspoon warm water
- ½ cup fine cracker crumbs

MIX beaten eggs, corn, parsley, salt, and pepper. . . . Dissolve soda in warm water; add to corn mixture. . . . Add cracker crumbs and shape mixture into cakes. . . . Fry in deep Spry (375°F.) until golden brown. Drain on absorbent paper. . . . Makes 12 fritters.

Corn Fritters with maple sirup may take the place of a vegetable on the menu. Or serve them as an accompaniment with Maryland Chicken (page 7) along with sweet potatoes.

Celery Fritters

Serve with a savory red tomato sauce and a light sprinkling of chopped chives.

- 2 eggs, beaten
- 2 cups cooked celery, cut in pieces
- 2 tablespoons parsley, chopped fine
- ¾ teaspoon salt
- Dash of pepper
- ½ teaspoon soda
- 1 teaspoon warm water
- ½ cup fine bread crumbs

MIX beaten eggs, celery, parsley, salt, and pepper. . . . Dissolve soda in warm water; add to celery mixture. . . . Add bread crumbs and shape mixture into cakes. . . . Fry in deep Spry (375°F.) until golden brown. Drain on absorbent paper. . . . Makes 12 fritters.

Cheese Fritters: use 2 cups of grated American cheese instead of celery; omit chopped parsley.

Clam Fritters

Down-East clam puffs—with tangy flavor from the sea.

- 12 raw medium-sized clams, minced
- 1 teaspoon chives, chopped fine
- 2 tablespoons fine bread crumbs
- 2 tablespoons flour
- ¾ teaspoon baking powder
- 1 egg, beaten
- ¼ teaspoon salt
- ⅛ teaspoon pepper

PUT all ingredients in bowl and mix thoroughly. . . . Drop by spoonfuls into deep Spry (390°F.) and fry until brown. Drain on absorbent paper. . . . Garnish with parsley and quartered lemon. . . . Makes 12 fritters. . . . A dash of nutmeg may be added to the ingredients for additional zest.

Clams, which the Pilgrims called "those little treasures hid in the sand," may be used for making a delicate broth. Serve clam fritters as an accompaniment with clam broth.

SHALLOW FRYING

Croquettes are Delicious—Soft and Succulent Within . . . Crisp and Brown Without

MEAT, fish, eggs, or vegetables may be shaped into croquettes and cutlets quickly by this simple method. Spread mixture in a shallow pan and chill until stiff enough to handle. Shape with a biscuit cutter. Coat croquettes evenly. One tiny hole in the coating will cause the mixture to burst through. A good rule for coating is: dip in crumbs or flour, then in egg beaten with a little water, and then again in crumbs.

Salmon Cutlets

Left-over fish or lobster may be used instead of salmon.

MELT Spry in top of double boiler. Add flour and salt and blend. Add milk and cook until smooth and thick, stirring constantly. Remove from fire. . . . Add salmon, lemon juice, onion juice, and pepper. Blend well. Spread mixture in shallow pan and chill until stiff. . . . Cut into cutlets with 2½-inch biscuit cutter. . . . Roll in crumbs, then in beaten egg, then in crumbs. . . . Fry in hot Spry (375°F.) 1-inch deep in heavy frying pan until brown. Drain on absorbent paper. . . . Serve with Egg Sauce (page 11). . . . Serves 6 to 8.

- 4 tablespoons Spry
- 5 tablespoons flour
- ½ teaspoon salt
- 1 cup milk
- 2 cups salmon, flaked
- 1 teaspoon lemon juice
- ½ teaspoon onion juice
- Dash of pepper
- 2 eggs, slightly beaten with 2 tablespoons water
- ½ cup sifted bread crumbs

Corn and Egg Cutlets

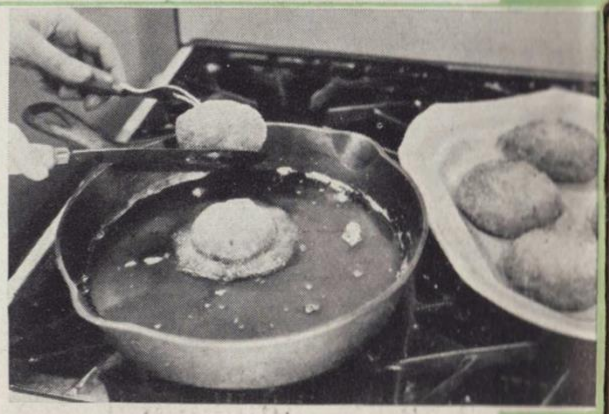
MELT Spry in top of double boiler. Add flour, salt, pepper, and paprika, and blend. Add milk and cook until smooth and thick, stirring constantly. Remove from fire. . . . Add eggs, corn, and parsley. Spread mixture in shallow pan and chill until stiff. . . . Cut into cutlets with 2½-inch biscuit cutter. . . . Roll in crumbs, then in eggs beaten with 2 tablespoons water, then in crumbs. Fry in hot Spry (375°F.) 1-inch deep in heavy frying pan until brown. Drain on absorbent paper. . . . Serve with Pimiento Sauce (page 11). . . . Serves 4 to 6.

- 3 tablespoons Spry
- 3 tablespoons flour
- ¾ teaspoon salt
- ¼ teaspoon pepper
- ¼ teaspoon paprika
- 1 cup milk
- 3 hard-cooked eggs, chopped
- 1 cup cooked corn
- 1 teaspoon parsley, chopped fine
- 2 eggs, slightly beaten
- ½ cup sifted crumbs

You will wish to use this quick, easy method often.

Shallow Frying is an Excellent Easy Way to Fry Croquettes, Fish, Potatoes, etc.

SHALLOW frying is simplified deep or French frying. Only a heavy skillet or frying pan is needed. Just melt enough Spry in a skillet to give a depth of about 1-inch. Heat to frying temperature (375° F.) allowing about 5 minutes. A deep fat thermometer is a sure way to determine correct frying temperatures.



SHALLOW FRYING

Codfish Balls

Golden-crisp fish balls in the best New England manner.

- 2 cups raw potatoes, cut in small pieces
- 1 cup salt codfish, shredded
- ½ tablespoon butter
- ⅛ teaspoon pepper
- 1 egg, beaten

PUT potatoes in deep saucepan; cover with cold water; add fish and boil until potatoes are tender. . . . Remove from fire and drain well. . . Add butter and pepper. Beat well with fork. Add egg. Cool. . . . Drop by tablespoonfuls into hot Spry (385°F.) 1-inch deep in heavy frying pan and fry until golden brown. . . . Drain on absorbent paper and serve immediately; garnish with parsley. Serves 6. . . .

Deviled Oysters

More of those juicy fried morsels.

- ½ cup salad oil
- ½ teaspoon salt
- ½ teaspoon paprika
- ¼ cup lemon juice
- 1 teaspoon grated horse-radish
- 1 tablespoon Worcestershire sauce
- 24 oysters, drained
- Sifted bread crumbs
- 2 eggs, slightly beaten with 2 tablespoons water

COMBINE oil, salt, paprika, lemon juice, horse-radish, and Worcestershire sauce. . . . Pour oil dressing over oysters and let stand 1 hour. . . . Drain and wipe oysters dry; roll in flour, dip in egg, and again in crumbs. . . . Fry in hot Spry (385°F.) 1-inch deep in heavy frying pan until brown. Drain on absorbent paper and serve immediately. . . . Serves 4 to 6. . . . Shrimps and scallops are delicious prepared and fried in the same way.

Deviled Oysters may be served with cole slaw, hot baking powder biscuits, and coffee for Sunday-night supper or for light evening refreshments.

Maryland Chicken

Your family will say, "It tastes like a million."

- 4–6 pound fowl, cut in pieces and boiled
- 2 eggs, slightly beaten with 2 tablespoons water
- Sifted bread crumbs
- ½ cup Spry
- 2 cups Cream Sauce (page 11) made with thin cream

COOK chicken only until tender. Roll pieces of chicken in seasoned flour, then dip in egg, and again in crumbs. . . . Fry chicken in hot Spry in frying pan until brown on both sides. Cover and bake in hot oven (400°F.) 35 to 60 minutes. . . . Serve with cream sauce. . . . Serves 6. . . . If preferred, the chicken may be fried in deep Spry (390°F.) until golden brown.

Shallow-fried Vegetables

Shallow frying combines the ease of pan frying and the incomparable flavor of deep frying.

- Potatoes
- Onions
- Green Peppers
- Carrots
- Parsnips

PREPARE vegetables for serving by cutting into desired shapes. Pare potatoes and cut into narrow lengthwise pieces; slice onions and green peppers into rings; cut carrots and parsnips in narrow lengthwise strips; shell peas. . . . Parboil vegetables in boiling salted water until nearly tender. . . . Fry vegetables in hot Spry (375°F.) 1-inch deep in heavy frying pan until browned evenly. Drain on absorbent paper. Serve immediately.

- Tomatoes
- Summer Squash
- Eggplant

SLICE the raw vegetables and season with salt and pepper. Dip in beaten egg (diluted with a little water) and then in sifted bread crumbs; or dip in flour. . . . Fry in hot Spry (375°F.) 1-inch deep in heavy frying pan until browned evenly. Drain on absorbent paper. Serve immediately.

All measurements in this book are level

SAUTÉING

Spencer Method of Cooking Fish

Seals in the flavor and keeps the fish moist and tender.

COMBINE milk and salt. . . . Cut fish into pieces for serving. Dip fish in milk, then in crumbs or corn meal. Melt Spry in hot skillet. Put in fillets, turning once to cover with melted Spry. Bake in extremely hot oven (550°F.) about 10 minutes. . . . Serves 4 to 6.

At times a very hot oven is not available or the amount of fish is too small in quantity to justify cooking in the oven. Then the fish may be sautéed on top of the stove in a very hot skillet. Melt the Spry and place fish in skillet. When well browned, turn carefully and brown on the other side.

- 1 cup milk, fresh or evaporated
- 1 tablespoon salt
- 2 pounds fish
- 2 cups finely sifted bread crumbs, cracker crumbs, or corn meal
- 2 tablespoons Spry

Preparing Fish Fillets for Spencer Method

Dip fillets in heavily salted milk to give fish an epicurean flavor. Dip in fine crumbs to give crisp brown crusts and to seal in delicious juices.

Cooking in Oven Prevents Overhandling of Fish

Melt Spry in hot skillet; put in fillets, turning once to cover with melted Spry. Place skillet on rack in extremely hot oven (550°F.) to brown and to cook fish quickly on both sides at once.

Beefsteak "Sautébroil"

The last word in cooking steaks or chops.

RUB steak with garlic. . . . Heat a heavy frying pan very hot. Add Spry. . . . Place steak in pan. Turn. Place pan on rack under broiler. When steak is well browned, season with salt and pepper. Turn and brown on other side. (One-inch steak requires about 18 minutes to cook medium-rare.) Remove steak to hot platter. . . . Add catchup, Worcestershire sauce, and coffee to frying pan. Mix well, heat thoroughly, and pour over steak. . . . The sauce may be omitted and the steak spread with butter. . . . Serves 4 to 6.

- 1 steak, 1 inch thick (sirloin, porterhouse, tenderloin)
- 1 clove of garlic, cut in half
- ¼ cup Spry
- Salt
- Pepper
- 3 tablespoons catchup
- 2 tablespoons Worcestershire sauce
- 4 tablespoons coffee beverage

SAUTÉING

Savory Beef

Try summer savory instead of thyme.

- 3 large onions, sliced
- 3 tablespoons Spry
- 2 pounds beef (rump or round)
- 3 tablespoons flour
- 1 teaspoon salt
- ¼ teaspoon pepper
- ¼ teaspoon cloves
- ¼ teaspoon thyme
- 1 pint brown stock
- 2 tablespoons vinegar
- 1 tablespoon catchup

COOK onions slowly in melted Spry until yellow. . . . Cut beef into pieces for serving. Add to onions and increase heat. Brown meat on both sides. . . . Mix flour with seasonings and sprinkle over meat. . . . Add stock, vinegar, and catchup. Cover and simmer until meat is tender (about 1½ hours). Serves 6.

Beef shank or plate may be used instead of rump or round, in which case lengthen the cooking time to at least 2 hours. . . . Boiling water may be used instead of stock.

Southern Fried Chicken

There's no better way to cook young chicken.

- 2½–3½ pound frying chicken, cut in pieces for serving
- ½ cup Spry
- ¼ cup water
- 1½ tablespoons flour
- ½ teaspoon salt
- ⅛ teaspoon pepper
- ½ teaspoon paprika
- 1 cup boiling water
- 2 tablespoons cream

ROLL pieces of chicken in seasoned flour. . . . Fry chicken in hot Spry in skillet. Brown well on both sides, then reduce heat slightly, add water, cover, and cook for 15 minutes on each side, or until chicken is tender. . . . Pour off from pan all but 2 tablespoons of fat. Add flour, blend, and stir until richly browned. . . . Add salt, pepper, paprika, and boiling water. Cook until smooth and thickened, stirring constantly. . . . Add cream and blend. . . . Pour around chicken. . . . Serves 4.

Fry the chicken in plenty of Spry to crust it evenly all over and to give it a rich brown flavor.

Stuffed Meat Loaf

A familiar dish with a novel touch.

- 1½ pounds beef, ground
- ½ pound pork, ground
- 4 slices bread, soaked in warm water and drained
- 1 onion, chopped fine
- 1 tablespoon salt
- ¼ teaspoon pepper
- 2 eggs
- 1 recipe Onion Stuffing (below)
- 2 tablespoons Spry, melted
- ½ cup water
- ½ cup chili sauce

COMBINE beef, pork, bread, onion, salt, pepper, and eggs, and mix thoroughly. . . . Line bottom and sides of a loaf pan with meat mixture. Fill center of pan with Onion Stuffing. Cover top with remaining meat. . . . Spread loaf with melted Spry and pour water over top. Cover with chili sauce. . . . Bake in moderate oven (350°F.) 45 minutes. . . . Serves 6 to 8.

Make it an oven dinner tonight with this savory hot meat loaf and baked potatoes. Serve a crisp green salad, too.

Onion Stuffing

An appetizing stuffing for pork chops, too.

- 3 onions, chopped fine
- ¼ cup Spry
- 1½ cups soft bread crumbs
- 1 teaspoon sage
- ½ teaspoon salt
- ⅛ teaspoon pepper
- 2 tablespoons parsley, chopped
- 2 tablespoons water
- 1 egg, beaten

COOK onions slowly in melted Spry until transparent, add bread crumbs, sage, salt, pepper, parsley, and water. Sauté until slightly browned. . . . Remove from fire and add beaten egg. . . . Makes enough stuffing for Stuffed Meat Loaf (see above) or for 4 pork chops.

Part chopped celery may be used instead of all onion, or the quantity of sage may be reduced, if desired.

All measurements in this book are level

SAUTÉING

Hungarian Veal Cutlets

A savory use for sour cream. Cooked in this Continental fashion, veal is as tender as chicken.

CUT veal into pieces for serving. . . . Dip in crumbs, then in beaten egg, and again in crumbs. . . . Rub frying pan with garlic. Heat pan very hot. Add Spry. Brown veal quickly on both sides. Reduce heat. . . . Add paprika. Cover veal with milk. Cover tightly. Bake in moderately slow oven (325°F.) about 1½ hours. During the last 15 minutes remove cover to brown veal. . . . One pound veal will serve four people.

- 1 veal steak, 1½ inches thick
- Sifted bread crumbs
- 1 egg, slightly beaten with 1 tablespoon water
- 1 clove garlic, cut in half
- ¼ cup Spry
- 1 teaspoon paprika
- 2 cups milk or sour cream

Texas Hash

COOK onions and green peppers slowly in Spry until onions are yellow. Add hamburg and sauté until the mixture falls apart. . . . Add tomatoes, rice, and seasonings. Arrange in large casserole, cover, and bake in moderately hot oven (375°F.) 45 minutes, or until done. . . . Serves 8.

Texas Hash is a hearty main dish that is easy on the budget. You will find it so delicious and so simple to prepare. Make it often!

- 2 large onions, sliced
- 2 green peppers, cut fine
- 3 tablespoons Spry
- 1 pound hamburg
- 2 cups canned tomatoes
- ½ cup uncooked rice
- 1 teaspoon chili powder
- 1 teaspoon salt
- ¼ teaspoon pepper

Armenian Rice

"Most delicious way to cook rice I ever tasted!" women say.

PUT rice in strainer. Place over bowl of water. Rub rice between hands; lift strainer from bowl and change water. Repeat three or four times until water is clear. Drain . . . . Melt Spry in skillet. When hot, add rice and sauté until golden brown, stirring constantly. . . . Turn rice into greased baking dish. Add salt, cayenne, and liquid. Cover and bake in moderate oven (350°F.) 30 minutes, or until done. . . . Delicious served with chicken or left-over meat. . . . Serves 8.

- 1 cup uncooked rice
- ¼ cup Spry
- ½ teaspoon salt
- Dash of cayenne
- 4 cups water, milk, or stock

Crystal Apple Rings

Attractive . . . delicious. A perfect garnish for roast pork.

MELT Spry in frying pan, add sugar, and stir until slightly caramelized. . . . Add apple rings and sauté until golden brown on both sides. . . . Serves 6.

Pineapple slices, pear halves, sliced cooked sweet potatoes and yams, orange sections, and bananas may be cooked in this same way. The Spry and sugar form a delicate glaze which enhances both appearance and flavor.

- 4 tablespoons Spry
- 2 tablespoons sugar
- 4 large apples, cored and sliced ½-inch thick

Fried Onions

MELT Spry in frying pan. Add onions, water, salt, and pepper. Cover and cook slowly until liquid evaporates. . . . Increase heat and cook until golden brown, stirring frequently. . . . Serves 4. . . . Green peppers may be cooked in this same way.

- 2 tablespoons Spry
- 1 pound onions, sliced
- ½ cup water
- ½ teaspoon salt
- Dash of pepper

All measurements in this book are level

SAUTÉING

Grilled Cheese Sandwich

American cheese, sliced
Sliced bread

PLACE cheese between pairs of bread slices. . . . Sauté in hot Spry in skillet until golden brown on both sides. . . . Serve with tomato salad or cucumber pickles.

French Toast

Watch this disappear from the table.

2 eggs, slightly beaten
½ teaspoon salt
½ cup milk
6 slices bread (¾-inch thick), cut in half diagonally

COMBINE eggs, salt, and milk. . . . Dip slices of bread in mixture and sauté in hot Spry on a griddle until golden brown on both sides. Serve hot with maple sirup, cinnamon and sugar, or raspberry jam. . . . Serves 4 to 6.

Jiffy Waffles: cut bread ½-inch thick, dip in egg mixture, and bake in waffle iron.

French Toast Special

French Toast (bread cut in ½-inch slices)
Apple sauce
Whipped cream flavored with molasses

PREPARE French Toast according to directions. (See French Toast, above.) . . . Put apple sauce between slices of French Toast. . . . Serve with whipped cream which has been flavored with a little molasses.

Sandwiches *De Luxe*

Appetizing ways to use those left-overs.

French Toast (bread cut in ½-inch slices)
Turkey or chicken
Stuffing

Boiled ham, sliced

Cold roast lamb, sliced

PREPARE French Toast according to directions. (See French Toast, above.)

Heat turkey or chicken and stuffing in a little gravy. Place a spoonful between slices of French Toast. Serve with cranberry jelly.

Place ham between slices of French Toast and serve with sautéed pineapple slices.

Place roast lamb between slices of French Toast and serve with sautéed pear halves.

Tomato Toast with Cheese Sauce

2 eggs, slightly beaten
½ teaspoon salt
½ cup condensed tomato soup or tomato paste
6 slices bread (¾-inch thick)

COMBINE egg, salt, and tomato soup or paste. . . . Dip bread in mixture and sauté in hot Spry on a griddle until golden brown on both sides. Serve with Cheese Sauce (below). . . . Serves 6.

White or Cream Sauce

A master sauce to vary as you choose.

2 tablespoons Spry
2 tablespoons flour
½ teaspoon salt
Dash of pepper
1 cup milk or thin cream

MELT Spry in saucepan; add flour, salt, and pepper, and blend well. . . . Add milk gradually, stirring constantly, and continue stirring and cooking until thickened. . . . Makes 1 cup sauce. . . .

Cheese Sauce: add ¾ cup grated American cheese and a few drops of Worcestershire sauce.

Egg Sauce: add 2 hard-cooked eggs, chopped.

Pimiento Sauce: add 1 pimiento forced through a fine sieve.

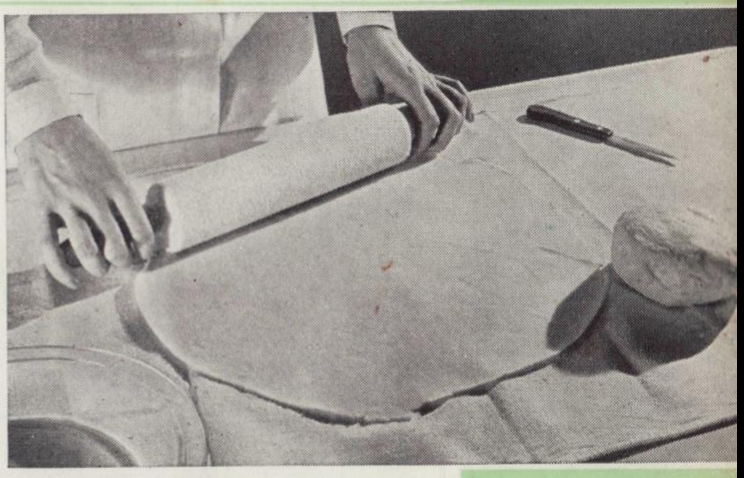
Velouté Sauce: use chicken or veal stock instead of milk or cream.

TWO-CRUST PIES

Pie Crust

2½ cups sifted flour
1 teaspoon salt
¾ cup Spry
5 tablespoons cold water (about)

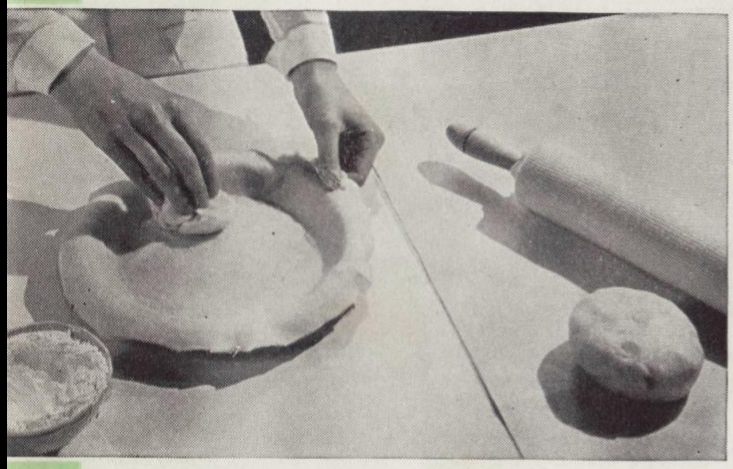
SIFT flour and salt together. . . . Add ½ of Spry to flour. Cut in with pastry blender or two knives until mixture looks like meal. Add remaining Spry and continue cutting until particles are size of a navy bean. . . . Sprinkle water, 1 tablespoon at a time, over mixture. With a fork, work lightly together until all particles are moistened and in small lumps. Add just enough water to moisten. Press dampened particles together into a ball. Do not handle dough any more than necessary. . . . Makes 1 two-crust 9-inch pie. . . . *To make a two-crust pie with Spry Pastry Mix, use 2½ cups of the mix* (see page 23).



Roll Pastry Lightly

Roll dough lightly, rolling upwards from one edge to the opposite and back again. Roll dough uniformly thin (⅛-inch thick). Occasionally lift dough with spatula and sprinkle board with flour. Never turn dough while rolling. For lower crust, roll dough about 2½ inches larger than pie plate.

Your favorite pies will taste better with tender, flaky Spry pastry.



Pat into Pan to Force Out Air

Fit dough into pie plate and let relax a few minutes. Pat pastry with ball of dough to exclude air; start from center and work out to edges, occasionally dipping ball of dough in flour. Trim crust even with edge of plate.

Seal Rim of Pie Firmly

Moisten edge of lower crust. Adjust top crust over filling. Fold top crust under lower crust. Seal edges firmly with tines of fork to keep in juices.

TWO-CRUST PIES

Spicy Apple Pie

Try maple sugar with cinnamon, or brown sugar with allspice.

FOR pastry, use 1 recipe Pie Crust (page 13) or 2½ cups Spry Pastry Mix (page 23). Roll dough and line a 9-inch pie plate. (See Two-crust Pies, page 13.) . . . Fill pie shell with sliced apples. . . . Mix sugar, spices, salt, and lemon juice. Sprinkle over apples. Dot with butter. Moisten edge of pie crust with water. . . . Fit top crust over apples and seal edge of pie. (See Two-crust Pies, page 13.) . . . Bake in hot oven (425°F.) 30 to 40 minutes.

- 8 large tart apples, sliced thin
- 1 cup sugar
- 1 teaspoon cinnamon
- ½ teaspoon nutmeg
- ⅛ teaspoon salt
- 1 teaspoon lemon juice
- 1 tablespoon butter

Blueberry Nectar Pie

Brown sugar and vinegar add zestful flavor to the berries.

MIX blueberries, tapioca, granulated sugar, salt, and vinegar and let stand while pastry is being made. . . . For pastry, use 1 recipe Pie Crust (page 13) or 2½ cups Spry Pastry Mix (page 23). Roll dough and line a 9-inch pie plate. (See Two-crust Pies, page 13.) . . . Fill pie shell with berries, sprinkle with brown sugar, and dot with butter. Adjust top crust and seal edge of pie. (See Two-crust Pies, page 13.) . . . Bake in hot oven (425°F.) 30 to 40 minutes.

- 1 quart blueberries
- 2½ tablespoons quick-cooking tapioca
- ⅔ cup granulated sugar
- ¼ teaspoon salt
- 1 tablespoon vinegar or lemon juice
- ½ cup brown sugar, firmly packed
- 1 tablespoon butter

Rhubarb and Pineapple Pie

A delicious fruit pie for early spring.

COMBINE rhubarb, sugar, and tapioca. Let stand while pie crust is being made. . . . For pastry, use 1 recipe Pie Crust (page 13) or 2½ cups Spry Pastry Mix (page 23). Roll dough and line a 9-inch pie plate. (See Two-crust Pies, page 13.) . . . Fill pie shell with rhubarb, sprinkle with pineapple, adjust top crust, and seal edge of pie. (See Two-crust Pies, page 13.) . . . Bake in hot oven (425°F.) 30 to 40 minutes.

- 4 cups rhubarb, sliced
- 1 to 1¼ cups sugar
- 1 tablespoon quick-cooking tapioca
- 1 cup crushed pineapple

Concord Grape Pie

A pie that brings "oh's and ah's" of delight.

SLIP grapes from skins. Steam pulp in double boiler for 20 minutes. Press through coarse sieve to remove seeds. Add strained pulp to skins. . . . Combine sugar, salt, tapioca, and cloves; add to grapes. Let stand while crust is being made. . . . For pastry, use 1 recipe Pie Crust (page 13) or 2½ cups Spry Pastry Mix (page 23). Roll dough and line a 9-inch pie plate. . . . Fill pie shell with grape mixture, adjust top crust, and seal edge of pie. (See Two-crust Pies, page 13.) . . . Bake in hot oven (425°F.) 30 to 40 minutes.

- 4 cups Concord grapes
- 1 cup sugar
- ⅛ teaspoon salt
- 1½ tablespoons quick-cooking tapioca
- ⅛ teaspoon cloves

Turnovers

FOR pastry, use 1 recipe Pie Crust (page 13) or 2½ cups Spry Pastry Mix (page 23). Roll dough ⅛-inch thick and cut in 3-inch squares, place 1 spoonful meat or fruit or jam in center, fold over, seal edges, and prick tops. Bake in hot oven (425°F.) 15 to 20 minutes. . . . Makes 2 dozen.

- 1 cup creamed meat or seasoned forcemeat or sugared chopped fruit or jam.

TWO-CRUST PIES

Cranberry Apple Pie

A lacy lattice of pastry strips makes an attractive top for fruit pies.

Pictured in color on page 12.

- 2½ cups cranberries, chopped
- 1½ cups apples, chopped
- 1½ cups sugar
- 3 tablespoons quick-cooking tapioca
- 3 tablespoons water

COMBINE cranberries, apples, sugar, tapioca, and water. Let stand while rolling pastry. . . . For pastry, use 1 recipe Pie Crust (page 13) or 2½ cups Spry Pastry Mix (page 23). Roll ½ of dough and line a 9-inch pie plate. (See Two-crust Pies, page 13.) Roll remaining half of dough and make lattice top. . . . Cut dough in narrow strips ¼-inch wide. . . . Fill pie shell with fruit mixture. Place pastry strips on top of filling, crisscrossing strips to make attractive open top. Moisten edge of pie; place strip of dough around rim to hold strips in place. Pinch into a fluted rim or press together with tines of fork. . . . Bake in hot oven (425°F.) 30 to 40 minutes.

Deep-dish Peach Pie

Make flaky deep-dish pies with the season's fresh fruits and berries. Try blueberries, cherries, and apples.

- 10 to 12 ripe peaches, pared and sliced
- 1 tablespoon lemon juice
- ¼ teaspoon almond extract
- ⅔ cup granulated sugar
- ⅓ cup brown sugar, firmly packed
- ⅛ teaspoon salt
- 1 tablespoon quick-cooking tapioca
- 1 tablespoon butter

COMBINE peaches, lemon juice, almond extract, sugars, salt, and tapioca. Mix together thoroughly and let stand while rolling pastry. For pastry, use 1 recipe One-crust Pie (page 16) or 1¼ cups Spry Pastry Mix (page 23). . . . Arrange peaches in baking dish greased with Spry. Dot with butter. . . . Roll dough ¼-inch thick and of a size to cover baking dish, allowing 1 inch all around. Fold in half, cut several ½-inch slits on fold. Place pastry over peaches in baking dish, unfold, turn edge under and press on rim all around dish. . . . Bake in hot oven (425°F.) 35 to 45 minutes.

Easy Mince Pie

For new flavor in mince pie, mix a few canned blackberries with mincemeat.

- 2 cups green tomatoes, chopped
- 2 cups apples, chopped
- ½ cup raisins, chopped
- 1 cup brown sugar, firmly packed
- 1 tablespoon butter
- 3 tablespoons vinegar
- 1 teaspoon cinnamon
- ¼ teaspoon nutmeg
- ¼ teaspoon cloves
- ½ teaspoon salt

MIX all ingredients well and boil gently for 25 minutes. Cool. . . . For pastry, use 1 recipe Pie Crust (page 13) or 2½ cups Spry Pastry Mix (page 23). Roll dough and line a 9-inch pie plate. (See Two-crust Pies, page 13.) Fill pie shell with cooled mixture, adjust top crust, and seal edge of pie. (See Two-crust Pies, page 13.) . . . Bake in hot oven (425°F.) 30 to 40 minutes.

Canned Fruit Pies

- 3 cups canned fruit, drained
- 1 cup fruit juice
- Sugar (for desired sweetness)
- 3 tablespoons quick-cooking tapioca

COMBINE fruit, fruit juice, sugar, and tapioca. Let stand while pie crust is being made. . . . For pastry, use 1 recipe Pie Crust (page 13) or 2½ cups Spry Pastry Mix (page 23). Roll dough and line a 9-inch pie plate. (See Two-crust Pies, page 13.) . . . Fill pie shell with fruit, adjust top crust, and seal edge of pie. (See Two-crust Pies, page 13.) . . . Bake in hot oven (425°F.) 30 to 40 minutes. . . . Use part brown sugar for a nice flavor variation.

All measurements in this book are level

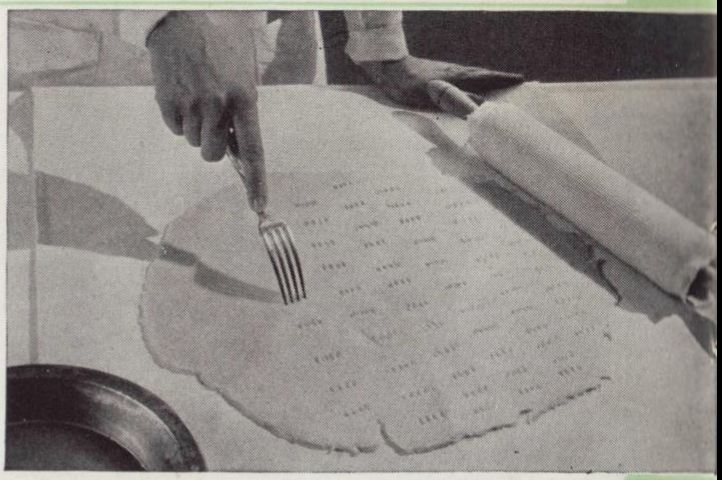
One-crust Pie or Baked Pie Shell

The "inside story" of a crisp, shapely pie shell. Try this method for a pie of which you may be justly proud.

1¼ cups sifted flour
½ teaspoon salt
⅓ cup Spry
3 tablespoons cold water (about)

SIFT flour and salt together. . . . Add ½ of Spry to flour. Cut in with pastry blender or two knives until mixture looks like meal. Add remaining Spry and continue cutting until particles are size of a navy bean. . . . Sprinkle water, 1 tablespoon at a time, over mixture. With a fork, work lightly together until all particles are moistened and in lumps. Add just enough water to moisten. Press dampened particles together into a ball. Do not handle dough any more than necessary. . . .

To make a one-crust pie with Spry Pastry Mix, use 1¼ cups of the Mix *(see page 23)*.



Prick Entire Surface of Dough before Lining Pie Pan

Roll dough lightly to ⅛-inch thickness and 3 inches larger than pie plate. Occasionally lift dough with spatula and sprinkle board with flour. Prick entire surface of dough with fork. This uniform pricking allows the pastry to lie flat in the pie pan, thus forcing out the air between pastry and pan and insuring a shapely baked shell.

Let Dough Relax in Pan

Sprinkle ½ teaspoon of flour on pie plate. Place dough in pan. Drop pan gently several times, turning to settle pastry in place and to exclude all air. Let stand at least 5 minutes to allow for shrinkage.

Flute Rim with Tips of Fingers

Trim pastry ½ inch larger than plate and turn back to make an upright rim. Flute rim by placing left index finger against inside of rim and pinching it on outside with tips of right thumb and index finger. Continue fluting around rim. Chill. Bake in very hot oven (450°F.) 15 minutes.

Cream Pie

A delicate creamy filling that melts in your mouth.

- 1 cup milk
- 1 cup light cream
- 3 tablespoons flour
- 1 tablespoon cornstarch
- ½ cup sugar
- ¼ teaspoon salt
- 2 egg yolks, slightly beaten
- 1 teaspoon vanilla
- 1 Baked Pie Shell (page 16)

SCALD milk and cream in top of double boiler. Combine flour, cornstarch, sugar, and salt, and mix together thoroughly. Add to scalded milk and cook 15 minutes, stirring constantly. The mixture should be thick and smooth. . . . Pour over slightly beaten egg yolks, return to double boiler, and cook 1 minute longer. Cool and add vanilla. . . . Pour filling into baked pie shell. . . . Pile meringue lightly on top and bake as directed. (See Meringue, page 20.)

Banana Cream Pie: slice 2 bananas thin and arrange in baked shell. Pour Cream Pie filling over them, top with meringue, and bake as directed. (See Meringue, page 20.)

Coconut Cream Pie: add ½ cup coconut to Cream Pie filling; sprinkle ½ cup coconut over meringue before baking. (See Meringue, page 20.)

Lemon Meringue Pie

A glorious pie that's worthy of a sonnet!

- ½ cup water
- 7 tablespoons cornstarch
- 1½ cups water
- 1¼ cups sugar
- 3 egg yolks, slightly beaten
- 1 lemon (grated rind and juice)
- 1 tablespoon butter
- 1 Baked Pie Shell (page 16)

MIX ½ cup water and cornstarch to thin paste. . . . Combine 1½ cups water and sugar in top of double boiler and bring to boil over direct heat. Add cornstarch paste and cook until mixture begins to thicken; return to double boiler and continue cooking until thick and smooth (15 minutes). . . . Pour over slightly beaten egg yolks, return to double boiler, and cook 1 minute longer. . . . Add lemon rind and juice and butter and blend well. . . . Cool and pour into pie shell. . . . Top with meringue made with 3 egg whites, 9 tablespoons sugar, and 1 teaspoon lemon juice. (See Meringue, page 20.)

Butterscotch Pie

Velvety smooth filling in a tender, flaky shell.

- 1 cup brown sugar, firmly packed
- ¼ cup water
- ¼ cup butter
- 1 tablespoon light corn sirup
- 1¾ cups milk
- ½ cup granulated sugar
- 3 tablespoons cornstarch
- 3 tablespoons flour
- ¼ teaspoon salt
- 2 egg yolks, slightly beaten
- 1 Baked Pie Shell (page 16)
- 1 cup heavy cream, whipped

COMBINE brown sugar, water, butter, and corn sirup, and cook until a small amount forms a hard ball in cold water (250°F.). . . . Scald milk in top of double boiler. . . . Combine granulated sugar, cornstarch, flour, and salt, and mix together thoroughly. Add scalded milk gradually, stirring to mix thoroughly. Cook over hot water 15 minutes, stirring constantly. The mixture should be thick and smooth. Add hot butterscotch mixture and stir until very smooth. . . . Pour over slightly beaten egg yolks, return to double boiler, and cook 1 minute longer. Cool and pour into baked pie shell. Pile unsweetened whipped cream lightly on top of filling around the rim of the pie to form a border. . . . If preferred, the filling may be topped with a snowy covering of whipped cream. Or pile meringue lightly on top of filling and bake as directed. (See Meringue, page 20.)

ONE-CRUST PIES

Custard Pie

Try adding 1 cup coconut to custard before baking.

FOR pastry, use 1 recipe One-crust Pie (page 16) or 1¼ cups Spry Pastry Mix (page 23). Roll dough and line a 9-inch pie plate. (See One-crust Pie, page 16.) . . . Beat eggs slightly and add sugar and salt. . . . Add milk and vanilla. . . . Strain custard mixture into unbaked pie shell and sprinkle with nutmeg. . . . Bake in hot oven (450°F.) 30 to 40 minutes, or until knife inserted comes out clean.

Chocolate Crest Custard Pie: cook 1 ounce chocolate with 2 tablespoons water and 2 tablespoons sugar until very smooth. Spread on baked pie.

- 3 eggs and 2 egg yolks or 4 eggs, slightly beaten
- ¾ cup sugar
- ½ teaspoon salt
- 3 cups milk
- 1 teaspoon vanilla
- Nutmeg

Chocolate Chiffon Pie

Chocolate—the favorite flavor—in an aristocrat of pies.

SOFTEN gelatin in ¼ cup cold milk. . . . Combine 1¾ cups milk, sugar, and chocolate, and cook over low fire until very smooth. . . . Pour over slightly beaten egg yolks and cook 1 minute longer. Remove from fire, pour over gelatin, and stir until dissolved. Cool. . . . Fold in beaten egg whites. . . . Pour into cooled baked pie shell. . . . Top with whipped cream.

Spry stays sweet indefinitely on your pantry shelf. Never stiff or hard—always soft and creamy.

- 1 tablespoon gelatin
- ¼ cup cold milk
- 1¾ cups milk
- ¾ cup sugar
- 2 ounces chocolate
- 2 egg yolks, slightly beaten
- 2 egg whites, stiffly beaten
- 1 Baked Pie Shell (page 16)
- 1 cup heavy cream, whipped

New England Squash Pie

Make it with pumpkin, if you prefer.

FOR pastry, use 1 recipe One-crust Pie (page 16) or 1¼ cups Spry Pastry Mix (page 23). Roll dough and line a 9-inch pie plate. (See One-crust Pie, page 16.) . . . Combine sugar, flour, salt, spices, and squash, and mix thoroughly. . . . Add beaten egg and milk; cool. . . . Pour squash mixture into unbaked pie shell. . . . Bake in hot oven (450°F.) 30 to 40 minutes, or until knife inserted comes out clean.

- 1 cup brown sugar, firmly packed
- 1 tablespoon flour
- ½ teaspoon salt
- ⅛ teaspoon each cloves, nutmeg, allspice, ginger
- ¼ teaspoon cinnamon
- 1½ cups canned or cooked squash
- 1 egg, beaten
- 1½ cups milk, scalded

Orange Coconut Pie

A proud dinner dessert.

SOFTEN gelatin in cold milk. . . . Beat egg yolks and add sugar and salt gradually. . . . Pour hot milk slowly over egg yolks. Cook over hot water 5 minutes. Remove from fire, pour over gelatin, and stir until dissolved. Chill until thick. . . . Add fruit juices and rind and mix well. Fold in beaten egg whites and chill; then pour into cooled baked pie shell. . . . Rub orange rind and coconut together and sprinkle on top of pie.

You'll say you never made such tender, flaky pastry as you get with Spry. You'll marvel at the difference.

- 1 tablespoon gelatin
- ¼ cup cold milk
- 2 egg yolks, beaten
- ⅔ cup sugar
- ½ teaspoon salt
- 1 cup milk, scalded
- ½ cup orange juice
- Grated rind 1 lemon
- 1 tablespoon lemon juice
- 2 egg whites, stiffly beaten
- 1 Baked Pie Shell (page 16)
- Grated rind 2 oranges
- 1 cup coconut

TARTS AND PATTIES

Tart Shells and Patties

2½ cups sifted flour
1 teaspoon salt
¾ cup Spry
5 tablespoons cold water (about)
If using Spry Pastry Mix, use 2½ cups of the mix, see page 23.

SIFT flour with salt. . . . Cut in ½ of Spry until mixture looks like meal. Add remaining Spry and continue cutting until particles are size of navy bean. . . . Add water gradually and mix lightly with fork into dough. . . . Roll dough ⅛-inch thick on floured board. . . . Cut in 5-inch rounds and fit into patty pans or over outside of muffin pans. . . . Bake in very hot oven (450°F.) 10 to 15 minutes. . . . Makes 12 tart shells.

Attractive Pastry Shells are Easy to Make

"Dressup" your meals with dainty tarts and patties.

FLUTED pans make professional-looking tarts or patties. For 3-inch pans, cut 5-inch rounds of pastry and fit dough over pans. Press another pan over dough into flutes, and bake 5 minutes. This insures a perfectly shaped tart. Remove top pan and bake until delicately browned.

An easy way to make attractive tart shells or patties is to shape them over backs of muffin pans. For 3-inch muffin pans, cut 5-inch rounds of pastry rolled thin and pricked all over with a fork. Fit dough snugly on pans, pinching into pleats at regular intervals (about 7 pleats). . . . Tarts are sometimes baked with filling as in Southern Pecan Tarts (page 20). In this case, the pastry is rolled thin, and cut into rounds to fit the patty pans used. Line inside of pan with pastry, pressing it against sides to exclude air. Trim edges and bake according to directions in recipe being used.

Simple Fillings Achieve Distinction in Tarts

TART shells may be used in a variety of ways. Almost any pie filling may be adapted for use in tarts. Fresh fruit mixed with whipped cream or custard makes a choice simple tart. Here is a combination to remember: spread 1 tablespoon of sweetened cream cheese in the bottom of each tart shell and top with sugared fresh beeries

Fruits cooked in sirup, such as the apples for Paradise Tarts (page 20), are colorful and unusual fillings. After the fruit is removed from the sirup, add a little lemon juice and cook until thick. Then the sirup is poured over the fruit in the tart shells and forms a glaze. Any fruit tart may be prepared in this same way. . . . Patty shells make delicious dishes for luncheon or supper when filled with creamed chicken, oysters, mushrooms, etc.

TARTS

Lemon Fluff Tarts

Light and delicate as a summer cloud.

FOR making baked tart shells, see recipe for Tart Shells and Patties (page 19). . . . Mix cornstarch, ½ cup sugar, salt, slightly beaten egg yolks, and water, and cook over hot water until thick (about 10 minutes), stirring constantly. . . . Remove from fire, add lemon rind and juice, and cool slightly. . . . Add ½ cup sugar gradually to beaten egg whites, beating constantly. Fold one-half into lemon mixture and pour into baked tart shells. Pile remaining meringue lightly on top of tarts and bake in slow oven (325°F.) 15 minutes, or until delicately browned. Makes 6.

- 1 tablespoon cornstarch
- ½ cup sugar
- ⅛ teaspoon salt
- 4 egg yolks, slightly beaten
- ¼ cup hot water
- 1 lemon (grated rind and juice)
- ½ cup sugar
- 4 egg whites, stiffly beaten

Paradise Tarts

They're gay and colorful and easy to make.

Pictured in color on page 12.

FOR making baked tart shells, see recipe for Tart Shells and Patties (page 19). . . . Wash, pare, and core apples. . . . Combine sugar, water, and cinnamon candies in saucepan; add apples and simmer until tender, turning often and being careful to keep them whole. . . . Remove apples and add fruit juices. Boil to a thick sirup. . . . Cut apples in half crosswise and place in baked tart shells, cut side down. Pour 1 tablespoon sirup over each apple. . . . Garnish with whipped cream, if desired. . . . Makes 12 tarts.

- 6 apples
- ¾ cup sugar
- 2 cups water
- ¼ cup red cinnamon candies
- 1 tablespoon lemon juice
- 4 tablespoons orange juice
- 1 cup heavy cream, whipped

Southern Pecan Tarts

COMBINE sugar, corn sirup, and butter, and bring to a boil. . . . Beat eggs and add nuts. Add hot sirup gradually. Cool. . . . For tart shells, use 1 recipe Pie Crust (page 13) or 2½ cups Spry Pastry Mix (page 23). Roll dough and line tart pans with pastry as directed in recipe for Tart Shells and Patties (page 19). . . . Pour cooled filling into unbaked tart shells and bake in moderately hot oven (375°F.) 30 minutes, or until knife inserted comes out clean. . . . Makes filling for 12 tarts or one 9-inch pie.

- 1¼ cups sugar
- ½ cup corn sirup
- ¼ cup butter
- 3 eggs, beaten
- 1 cup pecans

Meringue

Fluffy topping for pies and tarts.

BEAT egg whites until stiff, but not dry. Add sugar gradually, beating constantly. Add vanilla or lemon juice. Pile lightly on filling in baked pie shell. . . . Bake in slow oven (325°F.) 15 minutes, or until firm and delicately browned.

- 2 egg whites
- 6 tablespoons sugar
- ½ teaspoon vanilla or 1 teaspoon lemon juice

Eccles

Titbits from your left-over pastry.

ROLL pie crust thin and cut in small circles. Place a spoonful of mincemeat or jam or fruit in center. Wet edges. Place another circle on top and press edges together. Crease three marks across top, turn, and repeat. Bake in hot oven (425°F.) 10 to 15 minutes, or until golden brown.

- Mincemeat or jam or sugared, chopped fruit

MEAT PIES

New Tops and Crusts for Meat Pies

INCLUDE meat pie in your menus once a week for variety. The crust and make-up of the pie may be in complete harmony with the meat mixture. Baking powder biscuit dough or pastry may be used for tops. Crimple Crust Chicken Pie (below) is especially good with biscuit crust when made with plenty of gravy. . . . Meat mixtures, such as Beefsteak Pie (below), are deliciously enriched with flaky pastry coverings. Roll dough a little thicker than for the usual pie. If crust is made in one piece, make slits for steam to escape. Ham and Egg Pie (page 22) captures a grand combination of flavor in a brand new type of pie.

Crimple Crust Chicken Pie

Ham and Egg Pie

Beefsteak Pie

Crimple Crust Chicken Pie

Every one gets his share of crust.

- 4-pound fowl, cut in pieces
- 1 quart chicken gravy (about)
- 1 recipe Baking Powder Biscuits (page 39)

STEW chicken in boiling water to cover with desired seasonings until tender. Thicken to make about 1 quart gravy. Turn into casserole greased with Spry. . . . Roll biscuit dough ¼-inch thick, sprinkle with paprika, and roll as for jelly roll. Cut in 1-inch slices and arrange on pie, cut side down. . . . Bake in very hot oven (450°F.) 30 minutes. . . . Serves 6.

Beefsteak Pie

A thrifty, delectable one-dish meal.

- 2 pounds round steak
- 2 onions, sliced
- 4 tablespoons Spry
- 2 teaspoons salt
- ¼ teaspoon pepper
- 1 tablespoon Worcestershire sauce
- 2 tablespoons parsley, chopped
- 2 cups raw potatoes, diced
- 2 tablespoons flour
- 1 recipe One-crust Pie (page 16) or 1¼ cups Spry Pastry Mix (page 23)

CUT steak in pieces and sauté with onions in 2 tablespoons Spry until brown. Put in kettle and add salt, pepper, Worcestershire sauce, and parsley. Add boiling water to just cover; simmer 30 minutes. . . . Add potatoes and cook 45 minutes longer. . . . Blend 2 tablespoons Spry and flour; add a little of the meat mixture, return to kettle, and cook until thickened. Pour into casserole greased with Spry. . . . Roll pastry ¼-inch thick and of size to cover casserole, allowing 1 inch all around. Cut dough into 6 wedges and arrange on hot meat. Turn edges under and press on rim. . . . Bake in very hot oven (450°F.) 20 minutes. . . . Serves 6.

MEAT PIES

Ham and Egg Pie

A grand combination—cooked in a new way.

- 4 eggs, slightly beaten
- ¼ teaspoon pepper
- ¼ teaspoon baking powder
- ½ cup milk
- 2 cups cooked ham, cut in ½-inch cubes
- 1 cup grated cheese

FOR pastry, use 1 recipe One-crust Pie (page 16) or 1¼ cups Spry Pastry Mix (page 23). . . . Roll dough and line a 9-inch pie plate. (See One-crust Pie, page 16.) Beat eggs slightly and add pepper, baking powder, milk, ham, and cheese. Pour ham mixture into unbaked pie shell. . . . Bake in very hot oven (475°F.) 20 minutes, or until knife inserted comes out clean. . . . Serve with grilled tomatoes or a green salad. . . . Serves 6.

Biscuit Crust for Meat Pies

- 2 cups sifted flour
- 3 teaspoons baking powder
- ½ teaspoon salt
- ⅛ teaspoon nutmeg, if desired
- ½ cup Spry
- 1 egg, beaten
- 3 tablespoons water
- 1 tablespoon lemon juice

SIFT flour, baking powder, salt, and nutmeg together. . . . Cut in Spry until mixture looks like coarse meal. . . . Combine egg, water, and lemon juice; add to flour mixture, mixing lightly with fork until soft dough is formed. Knead lightly on floured board about 20 seconds. . . . Roll to ½-inch thickness and cut in desired shapes. Place on hot meat filling. . . . Bake in very hot oven (450°F.) 30 minutes, or until done.

Veal Potpie

Try this with other meat combinations.

- 2 cups cooked veal, diced
- 2 tablespoons Spry
- 2 cloves garlic, minced
- 1 tablespoon paprika
- 1 teaspoon salt
- ¼ teaspoon pepper
- 1½ tablespoons flour
- 1¼ cups milk
- 1 cup cooked carrots, diced
- 1 cup cooked potatoes, diced

FOR biscuit top on pie, use 1 recipe Biscuit Crust for Meat Pies (above), or 1 recipe Baking Powder Biscuits (page 39). . . . Sauté veal in Spry until meat is richly browned. . . . Add garlic, paprika, salt, and pepper. . . . Add flour and stir until smooth. Pour on milk gradually and cook until smooth and thickened. . . . Add carrots and potatoes. . . . Turn into casserole greased with Spry and cover with biscuits cut from biscuit dough. . . . Bake in very hot oven (450°F.) 30 minutes. . . . Serves 6 to 8.

Sweet Potato Pork Pie

Here's real Southern meat pie at its best.

- 1½ pounds pork
- Bit of bay leaf
- Several peppercorns
- 2 teaspoons salt
- 1 stalk celery, cut
- 3 sprigs parsley
- 2 onions, chopped
- 2 tablespoons Spry
- 2 tablespoons flour
- 1 cup stock
- 3 apples, sliced thin

Sweet Potato Crust

- 1 cup sifted flour
- 3 teaspoons baking powder
- 1½ teaspoons salt
- 3 tablespoons Spry
- 1 cup mashed sweet potatoes
- ¼ cup milk (about)

CUT pork in small pieces, pour on water to just cover, then add bay leaf, peppercorns, salt, celery, and parsley, and cook until tender. Strain, reserving stock. . . . Sauté onions in 2 tablespoons Spry until yellow. Add flour and stir until smooth. Add stock gradually and cook until smooth and thickened, stirring constantly. . . . Arrange alternate layers of pork and apples in casserole greased with Spry. . . . Make the Sweet Potato Crust as follows: Sift flour, baking powder, and salt together. . . . Cut in 3 tablespoons Spry. . . . Add sweet potatoes and milk to make a soft dough. Knead lightly about 20 seconds, roll to ½-inch thickness, cut with biscuit cutter, and arrange on pie. . . . Bake in very hot oven (450°F.) 30 minutes. . . . Serves 6.

All measurements in this book are level

SPRY PASTRY MIX

Now You can have Oven-fresh Pies at a Moment's Notice

Spry Pastry Mix offers a quick, handy way to make the lightest, flakiest, most delicious pastry you have ever eaten. Think of the convenience of having a quantity of this ready-mixed pastry on your pantry shelf! All the measuring and mixing for ten pies is done in one operation. And when you need pastry all you do is add water. *Spry Pastry Mix* keeps without refrigeration because Spry stays sweet and fresh indefinitely. Use *Spry Pastry Mix* to transform meat stews into tempting meat pies, to make dainty patty shells, tarts, or luscious fruit pies. It's always ready for instant use!

The greatest "short-cut" in the history of pie-making. Pie crust enough for a month — and all in a single mixing job!

Use This Recipe for Spry Pastry Mix

To make *Spry Pastry Mix*, sift 4 pounds (16 cups) flour with 2 tablespoons salt into a large bowl. Cut 2 pounds (4½ cups) Spry into flour with pastry blender or two knives, until Spry is evenly distributed. Store for future use.

It is so Easy to Mix

It is convenient to cut 1 pound of Spry into 2 pounds of flour and 1 tablespoon of salt at a time. In this way, a mixing bowl of average size may be used. Cut in Spry with pastry blender or two knives.

Keep on the Pantry Shelf

Put *Spry Pastry Mix* in any covered container and keep in a convenient place. Use for pastry as needed. This mix will stay sweet and fresh at room temperature for an indefinite length of time.

How to Use Spry Pastry Mix for Pies and Tarts

Spry Pastry Mix is ready to use in making pie crust. Just add enough water to make a dough. Use 1¼ cups of mix and about 3 tablespoons of water for a one-crust pie, and 2½ cups of mix and about 5 tablespoons of water for a two-crust pie or 12 tart shells. The recipe above will make 17 one-crust pies, or 8 two-crust pies and 1 one-crust pie, or 8½ dozen 3-inch tart shells.

CAKES YOUR FAMILY WILL RAVE ABOUT

They look delicious, and they are—*doubly* delicious—when they're made with Spry. For Spry brings out every bit of their tempting and delicate flavor. And you get cakes like this *every time* when you bake with Spry—it's so easy. Spry is ready creamed for instant use, purer, whiter, smoother. Your family and friends will praise your cooking to the skies when you serve these moist, tender, lighter cakes and unusual frostings. And you'll particularly want to try the four wonderful chocolate cakes on the next two pages—voted America's "favorite four." See what a hit they make on your table.

See Orange Coconut Cake recipe on page 30 and recipe for Cup Cakes on page 28.

Double Fudge Cake

Rich chocolate fudge flavor, silken-fine texture. A marvelous cake!

Pictured in color on pages 24-25.

- 4 ounces chocolate
- 1¼ cups milk
- ¾ cup brown sugar, firmly packed
- ⅔ cup Spry
- ¾ teaspoon salt
- 1 teaspoon vanilla
- 1 teaspoon soda
- 1 cup granulated sugar
- 3 eggs, unbeaten
- 2¼ cups sifted flour (cake flour preferred)

MELT chocolate in milk over hot water and blend with rotary egg beater. Add brown sugar and stir until smooth. Cool. . . . Combine Spry, salt, vanilla, and soda. Add granulated sugar gradually and cream until light and fluffy. . . . Add eggs, one at a time, beating thoroughly after each addition. . . . Add small amounts of flour, alternately with chocolate mixture, beating after each addition until smooth. . . . Pour batter into 10 x 10 x 2-inch pan greased with **Spry pan-coat*. . . . Bake in moderate oven (350°F.) 55 minutes. . . . Spread Nut Fudge Frosting (page 32) on top and sides of cake. . . . To substitute cocoa for chocolate, use ¾ cup cocoa and reduce flour to 2 cups. Mix and sift cocoa with brown sugar, add scalded milk gradually, and stir until smooth. Cool and add, alternately with flour, to creamed mixture.

Devil's Food Cake

A handsome cake with the traditional devil's food flavor. Mahogany-brown layers enhanced by fluffy white frosting.

- ½ cup Spry
- ¾ teaspoon salt
- 1 teaspoon vanilla
- 1 teaspoon soda
- 1¼ cups sugar
- 2 eggs, unbeaten
- 3 ounces chocolate, melted
- 2 cups sifted flour (cake flour preferred)
- 1 cup milk

COMBINE Spry, salt, vanilla, and soda. Add sugar gradually and cream until light and fluffy. . . . Add eggs, one at a time, beating thoroughly after each addition. . . . Add melted chocolate and blend well. . . . Add small amounts of flour, alternately with milk, beating after each addition until smooth. . . . Pour batter into two deep 9-inch layer pans greased with **Spry pan-coat*. . . . Bake in moderate oven (350°F.) 30 to 35 minutes. . . . Spread Boiled Frosting (page 32) between layers and on top and sides of cake. . . . To substitute cocoa for chocolate, use ½ cup cocoa and reduce flour to 1¾ cups. Mix and sift cocoa with ¼ cup sugar, add scalded milk gradually, and stir until smooth. Cool and add, alternately with flour, to creamed mixture.

Chocolate Cake

A prime favorite. You'll love the delectable combination of chocolate cake and butterscotch icing.

- ½ cup Spry
- ¾ teaspoon salt
- 1 teaspoon vanilla
- ¼ teaspoon soda
- 1 cup sugar
- 2 eggs, unbeaten
- 2 ounces chocolate, melted
- 1¾ cups sifted flour (cake flour preferred)
- 1½ teaspoons baking powder
- ¾ cup milk

COMBINE Spry, salt, vanilla, and soda. Add sugar gradually and cream until light and fluffy. . . . Add eggs, one at a time, beating thoroughly after each addition. . . . Add melted chocolate and blend well. . . . Sift flour and baking powder together 3 times. Add small amounts of flour to creamed mixture, alternately with milk, beating after each addition until smooth. . . . Pour batter into two 8-inch layer pans greased with **Spry pan-coat*. . . . Bake in moderate oven (350°F.) 25 to 30 minutes. . . . Spread Butterscotch Icing (page 32) between layers and on top and sides of cake. . . . Or ice with Boiled Frosting (page 32).

**Recipe for Spry pan-coat on page 29*

Milk Chocolate Cake

A new taste-thrill for chocolate lovers! Delicate milk chocolate flavor—light, fluffy texture.

½ cup Spry
¾ teaspoon salt
1 teaspoon vanilla
1¼ cups sugar
2 eggs, unbeaten
1 ounce chocolate, melted
2 cups sifted flour (cake flour preferred)
2½ teaspoons baking powder
1 cup evaporated milk

COMBINE Spry, salt, and vanilla. Add sugar gradually and cream until light and fluffy. . . . Add eggs, one at a time, beating thoroughly after each addition. . . . Add melted chocolate and blend well. . . . Sift flour and baking powder together 3 times. . . . Add small amounts of flour to creamed mixture, alternately with milk, beating after each addition until smooth. . . . Pour batter into two square 8-inch layer pans greased with **Spry pan-coat*. . . . Bake in moderate oven (350°F.) 25 to 30 minutes. . . . Spread Creole Frosting (page 31) between layers and on top and sides of cake.

Butterscotch Cake

A feathery, fine-textured cake with a bonnie butterscotch flavor.

1 cup brown sugar, firmly packed
¼ cup butter
¼ cup milk
1¼ cups hot milk
½ cup Spry
½ teaspoon salt
1 teaspoon vanilla
¾ cup brown sugar, firmly packed
3 eggs, well beaten
3 cups sifted flour (cake flour preferred)
3 teaspoons baking powder

COMBINE 1 cup brown sugar, butter, and ¼ cup milk in saucepan and cook until a small amount forms a hard ball in cold water (250°F.). Stir constantly after mixture starts to boil. Remove from fire and stir in 1¼ cups hot milk gradually. Cool. . . . Combine Spry, salt, and vanilla. Add ¾ cup brown sugar gradually and cream until light and fluffy. . . . Beat eggs until light and add gradually to creamed mixture, beating thoroughly. . . . Sift flour and baking powder together 3 times. Add small amounts of flour to creamed mixture, alternately with butterscotch mixture, beating after each addition until smooth. . . . Pour batter into 10 x 10 x 2-inch pan greased with **Spry pan-coat*. . . . Bake in moderate oven (350°F.) 50 to 60 minutes. . . . Spread Butterscotch Icing (page 32) on top and sides.

Banana Layer Cake

A thrifty recipe for a good cake. Try it also as Cottage Pudding with any fruit sauce.

⅓ cup Spry
½ teaspoon salt
1 teaspoon vanilla
1 cup sugar
1 egg, unbeaten
2 cups sifted flour
2½ teaspoons baking powder
¾ cup milk
2 large bananas, cut in half lengthwise

COMBINE Spry, salt, and vanilla. Add sugar gradually and cream until light and fluffy. . . . Add egg and beat thoroughly. . . . Sift flour and baking powder together 3 times. . . . Add small amounts of flour to creamed mixture, alternately with milk, beating after each addition until smooth. . . . Pour batter into two 8-inch layer pans greased with **Spry pan-coat*. . . . Bake in moderately hot oven (375°F.) 20 to 25 minutes. . . . Spread Banana Frosting (page 31) on one layer and arrange cut bananas on top. Place second layer on top and spread remaining frosting on top and sides of cake. . . . This cake may also be baked in cup-cake pans in moderately hot oven (375°F.) 20 to 25 minutes.

**Recipe for Spry pan-coat on page 29*

CAKES

Nut Cup Cakes

Serve these little cakes plain or with any desired frosting.

Pictured in color on pages 24-25.

- ½ cup Spry
- ½ teaspoon salt
- 1 teaspoon vanilla
- 1 cup sugar
- 4 egg yolks
- 2 cups sifted flour (cake flour preferred)
- 2 teaspoons baking powder
- ⅔ cup milk
- ½ cup nuts, chopped

COMBINE Spry, salt, and vanilla. Add sugar gradually and cream until light and fluffy. . . . Beat egg yolks until very thick and light in color; add to creamed mixture and beat well. . . . Sift flour and baking powder together 3 times. . . . Add small amounts of flour to creamed mixture, alternately with milk, beating after each addition until smooth. . . . Add nuts. . . . Pour batter into cup-cake pans greased with **Spry pan-coat*. . . . Bake in moderate oven (350°F.) 25 to 30 minutes. . . . Makes 18.

Peanut Butter Cup Cakes

Turn to page 31 for Maple Fudge Icing. It's the crowning touch.

- ⅓ cup Spry
- ½ teaspoon salt
- 1 teaspoon vanilla
- 1 cup brown sugar, firmly packed
- ½ cup peanut butter
- 2 eggs, well beaten
- ½ cup brown sugar, firmly packed
- 2 cups sifted flour (cake flour preferred)
- 2½ teaspoons baking powder
- ¾ cup milk

COMBINE Spry, salt, and vanilla. Add 1 cup brown sugar gradually, creaming until light and fluffy. Add peanut butter and mix thoroughly. . . . Beat eggs until light; add ½ cup brown sugar. Add to creamed mixture and blend well. . . . Sift flour and baking powder together 3 times. . . . Add small amounts of flour to creamed mixture, alternately with milk, beating after each addition until smooth. . . . Pour batter into cup-cake pans greased with **Spry pan-coat*. . . . Bake in moderate oven (350°F.) 25 to 30 minutes. . . . Makes 1½ dozen.

Tri-layer White Cake

A delicate white cake worthy of the most important occasion.

- ¾ cup Spry
- 1 teaspoon vanilla
- ¾ teaspoon salt
- 2 cups sugar
- 3 cups sifted flour (cake flour preferred)
- 3 teaspoons baking powder
- ½ cup milk
- ½ cup water
- 6 egg whites

COMBINE Spry, vanilla, and salt. Add sugar gradually and cream until light and fluffy. . . . Sift flour and baking powder together 3 times. . . . Add small amounts of flour to creamed mixture, alternately with combined milk and water, beating after each addition until smooth. . . . Beat egg whites until stiff but not dry and fold carefully into mixture until well blended. . . . Pour batter into three 9-inch layer pans greased with **Spry pan-coat*. Bake in moderate oven (350°F.) 25 minutes. . . . Ice with twice the recipe Boiled Frosting (page 32).

Queen Cake

The cake you will make over and over again. Dress it up with any frosting.

- ½ cup Spry
- ½ teaspoon salt
- 1 teaspoon vanilla
- 1 cup sugar
- 2 eggs, unbeaten
- 2 cups sifted flour (cake flour preferred)
- 2½ teaspoons baking powder
- ¾ cup milk

COMBINE Spry, salt, and vanilla. Add sugar gradually and cream until light and fluffy. . . . Add eggs, one at a time, beating thoroughly after each addition. . . . Sift flour and baking powder together 3 times. . . . Add small amounts of flour to creamed mixture, alternately with milk, beating after each addition until smooth. . . . Pour batter into two 8-inch layer pans greased with **Spry pan-coat*. . . . Bake in moderately hot oven (375°F.) 25 minutes. Spread Toasted Walnut Filling between layers and Sea Foam Frosting (page 32) on top.

**Recipe for Spry pan-coat on page 29*

CAKES

The Cake Story Briefly Told

Always Measure Accurately

Use standard measuring cups and spoons—use level measurements. Pack Spry firmly into cup; level top with spatula. Four-cup sets (¼, ⅓, ½, and 1 cup) are handy.

Grease Baking Pans Evenly

**Spry pan-coat* is an aid to better baking. A generous film spread evenly over the pan permits the cake to be removed easily without sticking to pan or breaking apart.

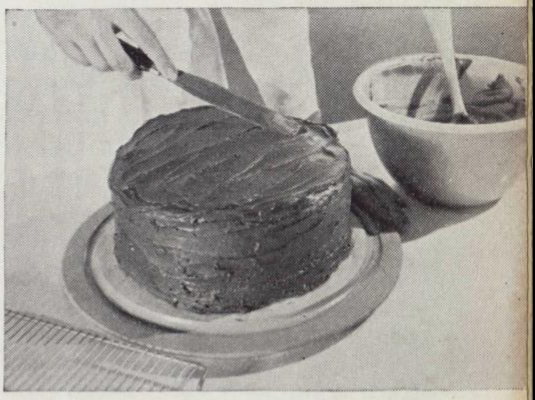
Chocolate Layer Cake

½ cup Spry
½ teaspoon salt
1 teaspoon vanilla
1¼ cups sugar
2 cups sifted flour (cake flour preferred)
2½ teaspoons baking powder
¾ cup milk
3 egg whites

COMBINE Spry, salt, and vanilla. Add sugar gradually and cream until light and fluffy . . . Sift flour and baking powder together 3 times. . . . Add small amounts of flour to creamed mixture, alternately with milk, beating after each addition until smooth. . . . Beat egg whites until stiff but not dry and fold carefully into mixture until well blended. . . . Pour batter into two 8-inch layer pans greased with **Spry pan-coat*. . . . Bake in moderate oven (350°F.) 25 to 30 minutes. . . . Spread Chocolate Frosting (page 31) between layers and on top and sides. Double recipe to make three 9-inch layers. ***Down-South Cake:*** spread Butterscotch Icing (page 32) between layers and on top and sides of cake. . . . Press pecans into frosting.

Follow Recipe . . Mix Carefully

Spry creams instantly with sugar to form the light, fluffy mixture so essential to fine-textured cakes. The remaining ingredients blend readily into a smooth batter.



Cool Cake Layers and Frost

Spread frosting between layers, with lower crusts together. Frost the sides first, using light, sweeping strokes. Frost the top last, making attractive swirls or ridges.

½ cup Spry
¼ cup flour

MIX Spry with flour to form a smooth mixture. . . . Keep *Spry pan-coat* in a covered dish on the pantry shelf. It will stay sweet and fresh indefinitely. Use for greasing cake pans, muffin pans, etc.

***Spry Pan-coat**

Page 29

Orange Coconut Cake

A festive cake of dainty beauty. You will say the flavor is luscious.

Pictured in color on pages 24-25.

- ¾ cup Spry
- ¾ teaspoon salt
- Grated rind of 1 orange
- 1½ cups sugar
- 3 eggs, unbeaten
- 3 cups sifted flour (cake flour preferred)
- 3 teaspoons baking powder
- Juice of 1 orange
- 2 tablespoons lemon juice
- Water
- 1 cup coconut, rubbed with grated rind of 1 orange

COMBINE Spry, salt, and grated orange rind. Add sugar gradually and cream until light and fluffy. . . . Add eggs, one at a time, beating thoroughly after each addition. . . . Sift flour and baking powder together 3 times. . . . Combine orange juice and lemon juice and add water to make 1 cup. . . . Add small amounts of flour to creamed mixture, alternately with combined fruit juices and water, beating after each addition until smooth. . . . Pour batter into two deep 9-inch layer pans greased with **Spry pan-coat*. . . . Bake in moderately hot oven (375°F.) 25 to 30 minutes. . . . Spread Boiled Frosting (page 32) between layers and on top and sides of cake. Sprinkle cake with orange-flavored coconut while frosting is soft.

Silken Gold Cake

As yellow and shining as gold itself! And so moist and tender.

- ½ cup Spry
- ½ teaspoon salt
- 1 teaspoon vanilla
- 1 cup sugar
- ¾ cup sugar
- 1¼ cups milk
- 6 egg yolks
- 2¾ cups sifted flour (cake flour preferred)
- 2½ teaspoons baking powder

COMBINE Spry, salt, and vanilla. . . . Add 1 cup sugar gradually and cream until light and fluffy. . . . Dissolve ¾ cup sugar in milk. . . . Beat egg yolks until very thick and light in color. Add to creamed mixture and beat thoroughly. . . . Sift flour and baking powder together 3 times. . . . Add small amounts of flour to creamed mixture, alternately with milk and sugar mixture, beating after each addition until smooth. . . . Pour batter into two 9-inch layer pans greased with **Spry pan-coat*. . . . Bake in moderate oven (350°F.) 25 to 30 minutes. . . . Spread Silken Gold Icing (page 31) between layers and on top and sides of cake. . . . This cake may also be baked in greased cup-cake pans in moderate oven (350°F.) 25 to 30 minutes. For fancy little party cakes, bake in oblong pan, cut into diamonds, and sprinkle with confectioners' sugar.

Milk 'N' Honey Cake

New, different, and thoroughly delicious. Your family will vote it grand.

- ½ cup Spry
- ½ teaspoon salt
- ½ teaspoon vanilla
- ½ cup sugar
- 2 eggs, unbeaten
- 2 cups sifted flour (cake flour preferred)
- 2½ teaspoons baking powder
- ½ cup evaporated milk
- ½ cup honey

COMBINE Spry, salt, and vanilla. Add sugar gradually and cream until light and fluffy. . . . Add eggs, one at a time, beating thoroughly after each addition. . . . Sift flour and baking powder together 3 times. . . . Combine milk and honey. . . . Add small amounts of flour to creamed mixture, alternately with combined milk and honey, beating after each addition until smooth. . . . Pour batter into 8 x 8 x 2-inch pan greased with **Spry pan-coat*. . . . Bake in moderate oven (350° F.) 50 to 60 minutes. Spread White Fudge Icing (page 31) on top and sides of cake. May also be baked in two 8-inch layer pans in moderate oven (350°F.) 25 minutes.

**Recipe for Spry pan-coat on page 29*

FROSTINGS

White Fudge Icing

Flavor or color as your fancy dictates.

- 3 tablespoons Spry
- 1 tablespoon butter
- 5 tablespoons top milk, scalded
- 3 cups sifted confectioners' sugar
- 1 teaspoon vanilla
- ¼ teaspoon salt

MELT Spry and butter in scalded top milk. . . . Pour hot milk over sugar and stir until sugar is dissolved. Add vanilla and salt. Beat until smooth and thick enough to spread. . . . Makes enough icing to cover top and sides of 10 x 10 x 2-inch cake or 1½ dozen cup cakes.

Maple Fudge Icing: substitute maple extract for vanilla.

Chocolate Frosting

Tastes like fudge—made in a twinkling.

- 2 tablespoons Spry
- 1 tablespoon butter
- 3 ounces chocolate
- 5 tablespoons hot milk
- 1½ cups sifted confectioners' sugar
- ½ teaspoon vanilla
- ¼ teaspoon salt

MELT Spry, butter, and chocolate together over hot water. . . . Pour hot milk over sugar and stir until sugar is dissolved. Add vanilla and salt. Add chocolate mixture and beat until smooth and thick enough to spread. . . . Makes enough frosting to cover tops and sides of two 8-inch layers.

Creole Frosting

The mellow flavor of coffee and chocolate.

- 1 tablespoon Spry
- 1 tablespoon butter
- 1 ounce chocolate
- 4 tablespoons hot coffee beverage
- 2 cups sifted confectioners' sugar
- ½ teaspoon vanilla
- ¼ teaspoon salt

MELT Spry, butter, and chocolate together over hot water. . . . Pour hot coffee over sugar and stir until sugar is dissolved. Add vanilla and salt. . . . Add chocolate mixture and beat until smooth and thick enough to spread. . . . Makes enough frosting to cover tops and sides of two 8-inch layers. To insure smoothness, stir until sugar is completely dissolved after adding hot coffee.

Banana Frosting

Fresh fruit flavor in a soft, creamy icing.

- 1 tablespoon Spry
- 1 tablespoon butter
- ¼ teaspoon lemon extract
- ¼ teaspoon salt
- 2 cups sifted confectioners' sugar (about)
- 1 large banana, mashed

CREAM Spry and butter; add lemon extract, salt, and ½ cup sugar, and blend well. . . . Add banana and beat. Add remaining sugar gradually, beating until light and creamy. . . . If desired, a little cream may be beaten in to make the frosting more fluffy. . . . Makes enough frosting to cover tops and sides of two 8-inch layers.

Silken Gold Icing

You're sure to like this refreshing icing.

- 2 tablespoons Spry
- 1 tablespoon butter
- 1 teaspoon grated orange rind
- ¼ teaspoon salt
- 2 cups sifted confectioners' sugar
- 1 egg yolk
- 2 tablespoons orange juice
- 1 teaspoon lemon juice

CREAM Spry, butter, and orange rind; add salt and ½ cup sugar and blend well. . . . Add egg yolk and beat well. Add remaining 1½ cups sugar, alternately with fruit juices, beating until light and creamy. . . . Makes enough icing to cover tops and sides of two 9-inch layers.

Now—with Spry—you can make delicious uncooked icings that are beautifully smooth and shiny.

FROSTINGS

Butterscotch Icing

Real butterscotch flavor in an easy icing.

- 1 cup brown sugar, firmly packed
- 2 tablespoons butter
- ¼ cup milk
- 1 tablespoon light corn sirup
- ¼ cup Spry
- ¼ teaspoon salt
- 2 cups sifted confectioners' sugar
- 3 tablespoons hot milk

COMBINE brown sugar, butter, ¼ cup milk, and corn sirup in saucepan and cook until a small amount forms a hard ball in cold water (250°F.). Stir constantly after mixture starts to boil. Remove from fire. . . . Combine Spry and salt and add sugar gradually, creaming well. Add hot milk, then pour on hot butterscotch mixture gradually and beat until smooth and thick enough to spread. . . . Makes enough icing to cover top and sides of 10 x 10 x 2-inch cake, or for tops and sides of two 8-inch layers.

Boiled Frosting

On a damp day, boil sirup to 248°F.

- 1½ cups sugar
- ½ teaspoon light corn sirup
- ½ cup boiling water
- 2 egg whites, stiffly beaten
- 1 teaspoon vanilla

COMBINE sugar, corn sirup, and boiling water in saucepan and cook until the mixture spins a long thread (242°F.). Pour sirup slowly over beaten egg whites, beating constantly. . . . Add vanilla and beat until the frosting is cool and stiff enough to hold its shape. . . . Makes enough frosting to cover tops and sides of two 9-inch layers.

Nut Fudge Frosting

A glossy, creamy, candy-like frosting.

- 2 ounces chocolate, cut in pieces
- ⅔ cup milk
- 2 cups sugar
- ¼ teaspoon salt
- 1 tablespoon light corn sirup
- 1 tablespoon butter
- ½ teaspoon vanilla
- 25 walnut halves

COMBINE chocolate and milk and cook over low heat until smooth and perfectly blended, stirring constantly. . . . Add sugar, salt, and corn sirup, and stir until mixture boils. Cook until a small amount of mixture forms a very soft ball in cold water (232°F.). Remove from fire. . . . Add butter and vanilla. Cool to lukewarm (110°F.), then beat until mixture thickens and begins to lose its gloss (about 10 minutes). Spread on cake. Press walnut halves into frosting. Makes enough frosting to cover top and sides of 10 x 10 x 2-inch cake.

Sea Foam Frosting

Double the recipe for a layer cake.

- 1 egg white, unbeaten
- ¾ cup brown sugar, firmly packed
- 3 tablespoons water
- 1 teaspoon light corn sirup
- ½ teaspoon vanilla

COMBINE egg white, brown sugar, water, and corn sirup in top of double boiler and mix thoroughly. Place over rapidly boiling water and beat constantly with rotary egg beater until mixture holds up in peaks (about 7 minutes). . . . Remove from fire, add vanilla, and beat until cool and thick enough to spread. . . . Makes enough frosting to cover top and sides of 8 x 8-inch cake.

Toasted Walnut Filling

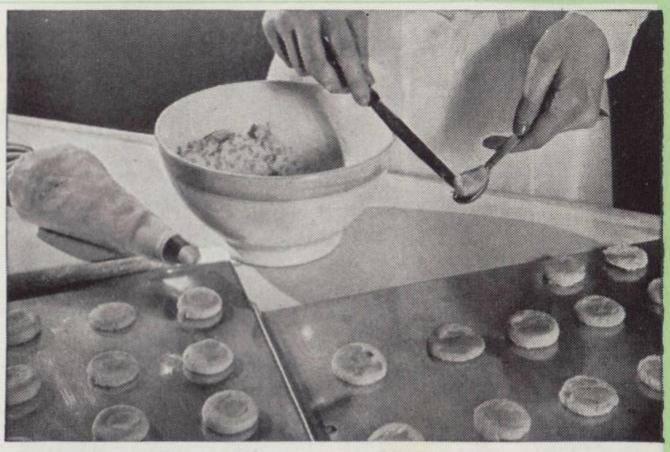
Try toasted pecans or filberts, too.

- ½ cup brown sugar
- ¼ teaspoon salt
- 2 tablespoons butter
- 1 tablespoon water
- 1 egg yolk, slightly beaten
- ¾ cup walnuts, chopped and toasted

COMBINE brown sugar, salt, butter, and water in top of double boiler and heat until sugar is dissolved. . . . Pour over egg yolk, return to double boiler, and cook until thickened, stirring constantly. Cool. . . . Add walnuts. Spread between layers. . . . Makes enough filling to spread between two 8-inch layers.

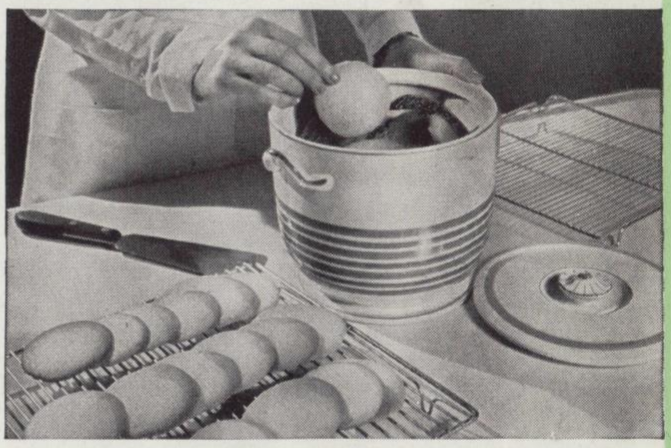
An Easier, Better Way to Make Cookies

Why are rolled cookies so difficult? Because it takes skill and patience to roll and cut the soft, "short" batter so essential to good cookies. Even then the result is often unsatisfactory. So let's change our method — make better cookies an easier way. Try the following recipes—just drop the mixture from a spoon onto the baking sheet. Let stand a few moments, then press into shape with the bottom of a glass, covered with damp cloth. No tedious rolling! No messy cutting! It's so much simpler than the old method and you can fill your cookie jar with the most tempting cookies in no time.



Drop Dough onto Baking Sheets
Drop soft cookie dough onto greased baking sheets from a teaspoon or pastry bag, allowing space between. Let stand a few minutes.

Stamp Cookies into Thin Rounds
Flatten cookies by stamping with a glass covered with cloth. Occasionally dip glass in water and pat on towel to remove excess moisture.



Cool Cookies and Pack in Jar
Let baked cookies cool slightly on baking sheets, then remove with spatula to wire rack to finish cooling. Store in covered container.

Aunt Jane's Sugar Cookies

Old-time sugar cookies — rich, crisp, and tender.

- 1 cup Spry
- 1 teaspoon salt
- 1 teaspoon vanilla
- ¼ teaspoon soda
- 2 cups sugar
- 1 egg, well beaten
- 5 cups sifted flour
- 4 teaspoons baking powder
- 1 cup milk

COMBINE Spry, salt, vanilla, and soda. . . . Add sugar gradually and cream well. . . . Add beaten egg and mix thoroughly. . . . Sift flour with baking powder. Add to creamed mixture, alternately with milk, mixing well. . . . Drop from tip of teaspoon on baking sheets greased with *Spry pan-coat* (page 29). (Or press through pastry bag.) Let stand a few minutes, then flatten cookies by stamping with a glass covered with a damp cloth. . . . Bake in moderately hot oven (375°F.) 12 to 15 minutes. . . . Makes 8 dozen cookies.

COOKIES

Brown Rim Cookies

Try grated orange rind (2 teaspoons) instead of vanilla.

- 1 cup Spry
- 1 teaspoon salt
- 1 teaspoon vanilla
- ⅔ cup sugar
- 2 eggs, well beaten
- 2½ cups sifted flour

COMBINE Spry, salt, and vanilla. . . . Add sugar, then beaten eggs, and beat thoroughly. . . . Add flour and mix well. . . . Drop from tip of teaspoon on baking sheets greased with Spry. (Or press through pastry bag.) Let stand a few minutes, then flatten cookies by stamping with a glass covered with a damp cloth. . . . Bake in moderately hot oven (375°F.) 8 to 10 minutes, or until delicately browned. . . . Makes 4½ dozen.

Chocolate Pecan Wafers

They'll disappear like magic–so make plenty.

- ½ cup Spry
- ½ teaspoon salt
- 1 teaspoon vanilla
- 1 cup sugar
- 2 eggs, well beaten
- 3 ounces chocolate, melted
- ¾ cup sifted flour
- ¾ cup pecans, chopped

COMBINE Spry, salt, and vanilla. . . . Add sugar gradually and cream well. . . . Add beaten eggs and mix thoroughly. . . . Add chocolate and blend. . . . Add flour and nuts and mix well. . . . Drop from tip of teaspoon on baking sheets greased with Spry. (Or press through pastry bag.) Let stand a few minutes, then flatten cookies by stamping with a glass covered with a damp cloth. . . . Bake in moderately slow oven (325°F.) 12 to 15 minutes. . . . Makes 2½ dozen.

Filled Cookies

Crimp edges together with fork to keep filling from running out.

- ½ cup Spry
- ¾ teaspoon salt
- 1 teaspoon vanilla
- 1 cup sugar
- 1 egg, well beaten
- 3 cups sifted flour
- 3 teaspoons baking powder
- ¼ cup milk

Date Filling

- 1 cup dates, pitted and cut
- ½ cup sugar
- ¼ cup water

COMBINE Spry, salt, and vanilla, and blend. Add sugar and cream well. . . . Add beaten egg and mix thoroughly. . . . Sift flour with baking powder. Add to first mixture, alternately with milk, blending thoroughly. Chill dough. . . . Roll dough ⅛-inch thick on floured board and cut with 2-inch cookie cutter. . . . Make Date Filling as follows:

Cook dates, sugar, and water over direct heat until thickened, stirring constantly. Cool. . . . Place 1 teaspoon filling on one cookie, place another cookie on top, and press together. Prick top of each cookie with a fork. . . . Place on baking sheets greased with Spry. . . . Bake in moderately hot oven (375°F.) 15 minutes. . . . Makes 2 dozen cookies.

Peanut Cookies

Packed with the rich flavor of toasted nuts and peanut butter.

- ⅔ cup Spry
- ¾ teaspoon salt
- 1 teaspoon vanilla
- ½ cup peanut butter
- ⅔ cup granulated sugar
- 2 eggs, well beaten
- ⅔ cup brown sugar, firmly packed
- 1 cup peanuts, chopped and toasted
- ½ cup evaporated milk
- 2 cups sifted flour
- 2 teaspoons baking powder

COMBINE Spry, salt, vanilla, and peanut butter, and mix well. Add granulated sugar gradually and cream thoroughly. . . . Combine beaten eggs and brown sugar, mixing well. Add to Spry mixture and blend. . . . Add peanuts and milk. . . . Sift flour with baking powder and add to mixture, blending well. . . . Drop from tip of teaspoon on baking sheets greased with Spry. (Or press through a pastry bag.) Let stand a few minutes, then flatten cookies by stamping with a glass covered with a damp cloth. . . . Bake in moderate oven (350°F.) 12 to 15 minutes. . . . Makes 7 dozen.

All measurements in this book are level

Dundee Cookies

A wholesome treat for the kiddies.

- 1 cup Spry
- 1 teaspoon salt
- 1½ teaspoons soda
- 1 teaspoon cinnamon
- 1 teaspoon allspice
- 1 cup sugar
- 2 eggs, well beaten
- 2 cups rolled oats
- ½ cup raisins, chopped
- 1 cup nuts, chopped
- 3 cups sifted flour
- ¼ cup milk

COMBINE Spry, salt, soda, and spices, and blend. Add sugar and cream well. . . . Add beaten eggs and mix thoroughly. . . . Add rolled oats, raisins, and nuts, mixing well. . . . Add flour, alternately with milk, blending thoroughly. . . . Drop from tip of teaspoon 2 inches apart on baking sheets greased with *Spry pan-coat* (see page 29). Flatten slightly with spatula. . . . Bake in moderate oven (350°F.) 12 to 15 minutes. . . .Makes 6 dozen.

Refrigerator Cookies

For chocolate cookies, add 2 ounces chocolate (melted) to Spry, sugar, and eggs.

- ¾ cup Spry, melted
- 2 eggs, well beaten
- 2 cups brown sugar, firmly packed
- 3½ cups sifted flour
- 2 teaspoons baking powder
- 1 teaspoon salt
- 1 cup walnuts, chopped
- 1 teaspoon vanilla

MELT Spry and cool. . . . Combine beaten eggs and brown sugar and beat until sugar is dissolved. Add melted Spry and blend thoroughly. . . . Sift flour with baking powder and salt. Add to first mixture, mixing well. . . . Add nuts and vanilla and blend. . . . Shape into 3 rolls 2 inches in diameter. Wrap in waxed paper. Store in refrigerator overnight or until firm enough to slice. . . . Cut in thin slices with sharp knife and place on baking sheets greased with Spry. . . . Bake in moderately hot oven (375°F.) 12 to 15 minutes. . . . Makes 5 dozen. . . . Chopped, toasted almonds may replace walnuts.

Chewy Ginger Cookies

For old-fashioned ginger cookies like Grandmother used to make, omit coconut.

- 1 cup Spry
- 1 teaspoon salt
- 1 teaspoon soda
- 1 teaspoon cinnamon
- 1 teaspoon ginger
- 1 cup sugar
- 1 egg, well beaten
- 1 cup molasses
- ¼ cup sour milk
- 4 cups sifted flour
- 2 cups coconut, chopped

COMBINE Spry, salt, soda, and spices, and blend. Add sugar and cream well. . . . Add beaten egg and mix thoroughly. . . . Add molasses and sour milk. . . . Add flour and blend well. Add coconut. . . . Drop from tip of teaspoon on baking sheets greased with Spry. (Or press through pastry bag.) Let stand a few minutes, then flatten cookies by stamping with a glass covered with a damp cloth. . . . Bake in moderate oven (350°F.) 12 to 15 minutes. . . . Makes 7½ dozen.

Persian Cookies

There's the glamour of the Orient in these fruity nut cookies.

- 1 cup Spry
- 1 teaspoon salt
- 1 teaspoon vanilla
- 1¾ cups sugar
- 2 eggs, well beaten
- ⅓ cup dates, pitted and chopped
- ⅓ cup figs, chopped
- ⅓ cup candied pineapple, chopped
- 2 cups coconut, chopped
- ¼ cup milk
- ⅓ cup nuts, chopped
- 3 cups sifted flour
- 3 teaspoons baking powder

COMBINE Spry, salt, and vanilla. Add sugar gradually and cream well. . . . Add beaten eggs and mix thoroughly. . . . Add fruits, coconut, and nuts, and mix thoroughly. . . . Sift flour with baking powder. Add to first mixture, alternately with milk, blending thoroughly. . . . Drop from tip of teaspoon on baking sheets greased with *Spry pan-coat* (see page 29). (Or press through pastry bag.) Let stand a few minutes, then flatten cookies by stamping with a glass covered with a damp cloth. . . . Bake in moderate oven (350°F.) 12 to 15 minutes. . . . Makes 8½ dozen cookies.

All measurements in this book are level

COOKIES

Chocolate Mint Wafers

Mint Filling

¼ cup cream or evaporated milk, ⅛ teaspoon salt, ¼ teaspoon peppermint extract, 2 cups sifted confectioners' sugar.

COMBINE Spry, salt, soda, and cocoa, and blend. Add sugar and cream thoroughly. . . . Add beaten egg and mix well. . . . Sift flour with baking powder. Add to first mixture, alternately with milk, blending thoroughly. Chill dough. Roll thin on floured board and cut with 2½-inch cookie cutter. Place on baking sheets greased with Spry. Bake in moderate oven (350°F.) 6 to 8 minutes. . . . Makes 2½ dozen. . . . For Mint Filling, blend cream, salt, peppermint extract, and sugar. Use as filling between cookies.

⅔ cup Spry
½ teaspoon salt
½ teaspoon soda
¾ cup cocoa
1 cup sugar
1 egg, well beaten
2 cups sifted flour
1 teaspoon baking powder
¼ cup milk

Brownies

Everybody's favorite. Try them à la mode with vanilla ice cream for evening parties.

MELT Spry and chocolate together over hot water. Cool. . . . Sift flour with baking powder and salt. . . . Beat eggs until light, add sugar, then chocolate mixture, and blend. Add flour, vanilla, and nuts, and mix well. . . . Pour batter into 8 x 8-inch pan brushed with *Spry pan-coat*. . . . Bake in moderate oven (350°F.) 35 minutes. Cut into squares before removing from pan. Makes 16.

½ cup Spry
2 ounces chocolate
¾ cup sifted flour
½ teaspoon baking powder
½ teaspoon salt
2 eggs, well beaten
1 cup sugar
1 teaspoon vanilla
1 cup nuts, coarsely cut

Molasses Taffy Squares

Young and old will clamor for you to bake MORE!

COMBINE Spry and molasses and cook over low heat 2 minutes, stirring constantly. Add soda and brown sugar, and stir until sugar is dissolved. Cool. . . . Sift flour with salt. . . . Beat eggs until light and combine with molasses mixture, blending well. Add flour and nuts and mix well. . . . Bake in 9 x 9-inch pan greased with Spry in moderate oven (350°F.) 35 to 40 minutes. Makes 16.

½ cup Spry
¼ cup molasses
½ teaspoon soda
¾ cup brown sugar, firmly packed
1 cup sifted flour
½ teaspoon salt
2 eggs, well beaten
1 cup nuts, coarsely cut

Date Bars

Keep these in mind for bridge menus — but bake plenty for the family, too.

MELT Spry and cool. . . . Sift flour with baking powder, salt, and sugar. . . . Combine dates and nuts with flour and mix well. . . . Beat eggs until light and add melted Spry. Add date mixture and mix thoroughly. . . . Pour batter into 9 x 9-inch pan brushed with *Spry pan-coat*. . . . Bake in moderate oven (350°F.) 30 minutes. When cool, cut in bars and roll in powdered sugar. Makes 16.

¼ cup Spry, melted
½ cup sifted flour
¼ teaspoon baking powder
½ teaspoon salt
1 cup sugar
2 cups dates, pitted and cut
1 cup walnuts, cut
2 eggs, well beaten

Nut Brown Cookies

COMBINE Spry and salt. Add brown sugar gradually and cream well. . . . Add beaten eggs and mix thoroughly. . . . Sift flour with baking powder. Add to creamed mixture and mix well. . . . Add nuts. . . . Drop from tip of teaspoon on baking sheets greased with Spry. Let stand a few minutes, then flatten cookies by stamping with a glass covered with a damp cloth. Bake in moderately hot oven (375°F.) 12 to 15 minutes. Makes 6½ dozen.

⅔ cup Spry
¾ teaspoon salt
3 cups brown sugar, firmly packed
4 eggs, well beaten
3½ cups sifted flour
1½ teaspoons baking powder
½ cup nuts, chopped

Skillet Corn Bread

Baked in a spider, it's extra crusty and good.

- 1½ cups sifted flour
- 3½ teaspoons baking powder
- 3 tablespoons sugar
- 1 teaspoon salt
- ¾ cup corn meal
- ⅓ cup Spry, melted
- 1 egg, well beaten
- 1 cup milk

SIFT flour with baking powder, sugar, and salt; add corn meal and mix. . . . Melt Spry in skillet. . . . Combine beaten egg, milk, and melted Spry. Add flour mixture and blend. . . . Pour into hot greased skillet and bake in hot oven (400°F.) 25 to 30 minutes. . . . Serves 8.

Fresh Corn Bread

A grand hot bread from the "Tall-corn Belt."

- 1 cup sifted flour
- 1 tablespoon sugar
- 1½ teaspoons salt
- 2 teaspoons baking powder
- 2½ cups fresh sweet corn, cut and scraped from cob, or canned whole corn kernels
- 1 egg, well beaten
- ¼ cup Spry, melted

SIFT flour with sugar, salt, and baking powder. Add to corn gradually, mixing well. . . . Add beaten egg to corn mixture, then add melted Spry. . . . Pour into 8 x 8-inch pan greased with Spry. . . . Bake in hot oven (400°F.) 30 minutes, or until done.

Fresh Corn Bread may be enjoyed the year round. When sweet corn is out of season, use the canned whole corn kernels. This unusual corn bread is an ideal choice with Maryland Chicken (see page 7), broiled ham, or with luncheon or supper salads.

Muffins

Piping hot muffins go well almost any time.

- 2½ cups sifted flour
- 3¼ teaspoons baking powder
- 1 teaspoon salt
- 2 to 4 tablespoons sugar
- 1 egg, well beaten
- 1¼ cups milk
- ⅓ cup Spry, melted

SIFT flour with baking powder, salt, and sugar. (Sugar may be omitted, if desired.) . . . Combine beaten egg, milk, and melted Spry. . . . Turn liquids into dry ingredients and stir vigorously until all flour is dampened. The batter will look lumpy. . . . Pour batter into muffin pans greased with *Spry pan-coat* (see page 29). Bake in hot oven (400°F.) 25 to 30 minutes. . . . Makes 12 large muffins.

Blueberry Muffins: sprinkle 1 cup blueberries with 1 tablespoon flour and fold into batter.

Date Muffins: mix 1 cup dates (pitted and cut) with dry ingredients.

Breakfast Gems

For special occasions, add ½ cup nuts.

- ¾ cup sifted flour
- 3 teaspoons baking powder
- ½ teaspoon salt
- 1 cup Graham flour
- ¼ cup brown sugar, firmly packed
- 1 egg, well beaten
- ⅞ cup milk
- ¼ cup Spry, melted

SIFT flour with baking powder and salt. Add Graham flour and brown sugar and mix. . . . Combine beaten egg, milk, and Spry. . . . Turn liquids into dry ingredients and stir vigorously until all flour is dampened. The batter will look lumpy. . . . Pour batter into muffin pans greased with *Spry pan-coat* (see page 29). Bake in hot oven (400°F.) 25 to 30 minutes. . . . Makes 12 large muffins.

Creole Corn Muffins

So satisfying for supper or luncheon!

- 1½ cups sifted flour
- 3 teaspoons baking powder
- 1 teaspoon salt
- 3 tablespoons sugar
- ¾ cup corn meal
- 1 egg, well beaten
- 1 cup milk
- ¼ cup Spry, melted
- 1 tablespoon green pepper, chopped
- 1 teaspoon onion, chopped fine
- ½ cup grated cheese

SIFT flour with baking powder, salt, and sugar; add corn meal and mix. . . . Combine beaten egg, milk, and melted Spry. Turn liquids into dry ingredients and stir vigorously until all flour is dampened. . . . Add green pepper, onion, and cheese. . . . Pour batter into muffin pans greased with Spry. Bake in hot oven (400°F.) 25 to 30 minutes. . . . Makes 12.

Crispy Creole Puffs: drop batter from spoon into deep Spry (375°F.) and fry until golden brown.

Coffee Cake

You'll say this quick coffee cake is *better!*

- 2 cups sifted flour
- 3 teaspoons baking powder
- ¼ cup sugar
- ¾ teaspoon salt
- ¼ cup Spry
- ¼ cake compressed yeast
- ¾ cup milk
- 1 egg, well beaten
- 1 tablespoon butter
- 1 tablespoon flour
- 2 tablespoons brown sugar
- ½ teaspoon cinnamon
- 2 tablespoons nuts, chopped

SIFT flour with baking powder, sugar, and salt. . . . Cut in Spry until mixture is as fine as corn meal. . . . Crumble yeast into milk and stir until dissolved. . . . Add beaten egg. Add to flour mixture and mix well. Spread dough in 8 x 8-inch pan greased with Spry. Let stand 30 minutes. . . . Melt butter and brown. Mix thoroughly with remaining ingredients. . . . Sprinkle over dough and bake in moderately hot oven (375°F.) 30 to 40 minutes. . . . Serves 6 to 8.

This Coffee Cake is unusual because it "puts itself together" in a jiffy and yet tastes better than the ordinary "quick" coffee cake. It's the added bit of yeast that does the trick.

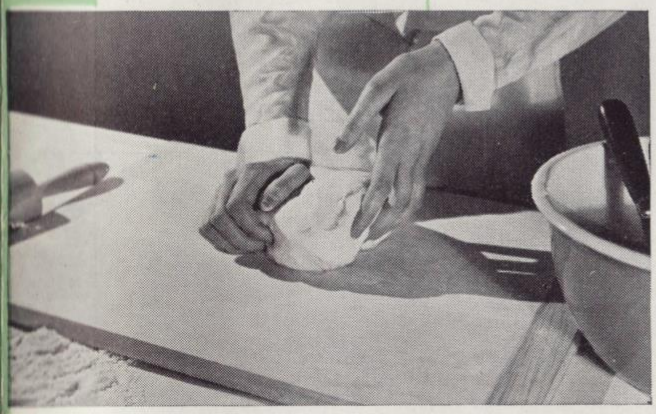
Baking Powder Biscuits

Light, flaky biscuits—always serve them piping hot!

2 cups sifted flour
3 teaspoons baking powder
½ teaspoon salt
5 tablespoons Spry
⅔ cup milk (about)

SIFT flour with baking powder and salt. . . . Cut in Spry until mixture is as fine as corn meal. . . . Add milk, mixing until a soft dough is formed. Knead lightly on floured board for about 20 seconds. . . . Roll to ½-inch thickness. Cut with floured biscuit cutter and place on baking sheet greased with Spry. . . . Bake in very hot oven (450°F.) 12 minutes. Makes 1 dozen biscuits.

Drop Biscuits: add milk enough to make a soft, sticky dough (about 1 cup). Drop from teaspoon on baking sheet greased with Spry, allowing about 2 inches between biscuits. Bake as directed above.

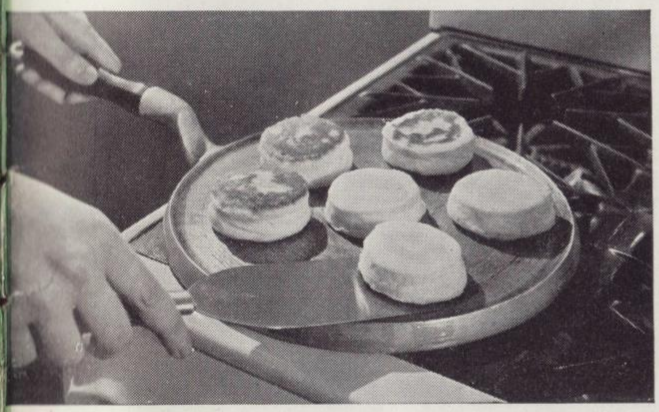


Knead Dough Lightly . . . . Briefly

Knead biscuit dough gently for about 20 seconds—just enough to mix well. Deft kneading helps to insure light, fine-textured biscuits.

Bake Biscuits in a Very Hot Oven

A very hot oven (450°F.) lets biscuits rise quickly and brown richly. Place the biscuits 1 inch apart on baking sheet greased with Spry.



Try These "Griddle-fried" Biscuits

Biscuits "hot off the griddle" have novel appeal. Melt 1 tablespoon Spry on hot griddle; place biscuits on it 1 inch apart. Brown (about 5 minutes), turn, and brown other side well.

Learn the Knack of Making Light, Flaky Biscuits

All America likes hot baking powder biscuits. Meet them as the thin crusty biscuit of the South, the thicker light, fluffy biscuit of New England, and the more universal American biscuit of medium thickness, golden crust, and tender, flaky texture.

Remember this secret of better biscuits—deft, quick kneading to mix thoroughly. . . . Use biscuit dough also for making quick rolls, shortcake, meat pies, fruit cobblers, and other delicious dishes. The dough may be varied by increasing the amount of Spry, or by adding eggs, sugar, or spices.

BREADS

Honey Rolls

Quick sweet rolls with a mellow spiced glaze.

- 2 tablespoons Spry
- ¼ cup honey
- 1 teaspoon cinnamon
- Chopped nuts, if desired
- 1 recipe Baking Powder Biscuits (page 39)
- 2 tablespoons honey
- Cinnamon

MELT Spry and add honey and cinnamon. Pour into muffin pans greased with Spry. Sprinkle with nuts, if desired. . . . Roll dough ¼-inch thick on floured board and spread with honey. Sprinkle with cinnamon and roll like jelly roll. Cut in 1-inch pieces and place cut side down in muffin pans. . . . Bake in moderately hot oven (375°F.) 25 to 30 minutes. Turn out of pan at once. . . . Makes 12.

Deviled Ham Rolls

- 1 recipe Baking Powder Biscuits (page 39)
- 1 can (2¼ ounces) deviled ham

ROLL dough ¼-inch thick on floured board, spread with deviled ham, and roll like jelly roll. Cut in 1-inch pieces and place cut side down in muffin pans greased with Spry. . . . Bake in hot oven (425°F.) 15 to 20 minutes. . . . Makes 12.

Southern Biscuits

Hot soda biscuits—the real Dixie kind!

- 2 cups sifted flour
- ½ teaspoon salt
- ⅓ cup Spry
- ¾ cup sour milk
- ½ teaspoon soda

SIFT flour with salt. . . . Cut in Spry until mixture is as fine as corn meal. . . . Combine sour milk and soda and stir until soda is completely dissolved. Add to flour mixture, stirring until a soft dough is formed. Knead lightly on floured board 1 minute. Roll ¼-inch thick, cut with floured biscuit cutter, and place on baking sheet greased with Spry. . . . . . Bake in very hot oven (450°F.) 12 minutes. Makes 1½ dozen.

Cheese Biscuits

- 2 cups sifted flour
- 3 teaspoons baking powder
- ¾ teaspoon salt
- ½ cup Spry
- ½ cup grated cheese
- 1 cup milk (about)

SIFT flour with baking powder and salt. . . . Cut in Spry until mixture is as fine as corn meal. . . . Add cheese, then milk, and mix until soft dough is formed. Beat mixture and knead lightly on floured board for about 20 seconds. Roll to ½-inch thickness. Cut with floured biscuit cutter and place on baking sheet greased with Spry. . . . Bake in very hot oven (450°F.) 12 minutes. . . . Makes 1½ dozen.

Orange Bread

Bake a loaf when next you go a-picnicking.

- Grated rind of 1 orange
- ½ cup water
- ½ teaspoon salt
- ½ cup sugar
- Juice of 1 orange
- Milk
- 1 egg, well beaten
- 2 tablespoons Spry, melted
- 2 cups whole wheat flour
- 3 teaspoons baking powder

COMBINE orange rind, water, salt, and sugar, and boil for 10 minutes. Cool and add orange juice and milk to make 1½ cups. . . . Combine beaten egg, orange rind mixture, and melted Spry. . . . Mix flour with baking powder. Stir into first mixture and blend. . . . Pour batter into 9 x 5 x 3-inch loaf pan greased with *Spry pan-coat* (see page 29). Bake in moderate oven (350°F.) 50 to 60 minutes. . . . If preferred, part white flour may be used. One-half cup chopped nuts may be added.

All measurements in this book are level

Lunch-box Loaf

Remember this wholesome bread for those school lunches.

- 1 cup dates, pitted and cut
- 1 cup hot water
- ½ cup Spry
- 1 teaspoon soda
- ½ teaspoon salt
- ½ cup sugar
- 2 eggs, well beaten
- 2 cups Graham flour
- ½ cup nuts, chopped

COMBINE dates and hot water and let stand. . . . Combine Spry, soda, and salt; add sugar and cream thoroughly. Add beaten eggs, then date mixture, and mix well. . . . Add flour and nuts and blend. . . . Pour batter into 9 x 5 x 3-inch loaf pan greased with *Spry pan-coat* (see page 29). Bake in moderate oven (350°F.) 50 to 60 minutes.

Waffles

Easy to make . . . easier to eat!

- 3 cups sifted flour
- 3½ teaspoons baking powder
- ¾ teaspoon salt
- ¾ cup Spry
- 3 egg yolks, well beaten
- 2 cups milk
- 3 egg whites, stiffly beaten

SIFT flour with baking powder and salt. . . . Cut in Spry until mixture is as fine as corn meal. . . . Combine beaten egg yolks and milk; add to flour mixture and beat until smooth. . . . Fold in beaten egg whites. . . . Bake in hot waffle iron. Serve hot with maple sirup. Makes eight 4-section waffles.

Ham Waffles: add 1 cup chopped boiled ham to batter before baking.

Cheese Bacon Waffles: add 1 cup grated cheese to batter and drop by spoonfuls in hot waffle iron. Place 2 strips of bacon across top before closing iron.

Griddle Cakes

Serve them with broiled sausage for Sunday breakfast.

- 2 cups sifted flour
- 4 teaspoons baking powder
- ¾ teaspoon salt
- 1 egg, well beaten
- 1½ cups milk
- ¼ cup Spry, melted

SIFT flour with baking powder and salt. . . . Combine beaten egg, milk, and Spry. . . . Turn liquids into dry ingredients and stir gently until blended. . . . Drop by spoonfuls on hot griddle greased with Spry. When cakes puff and bubble, turn once and brown on other side. Turn only once. . . . Serve hot with maple sirup. . . . Makes 18.

Sour Milk Griddle Cakes: use 1¾ cups thick sour milk, 1 teaspoon soda, and 2 teaspoons baking powder, instead of 1½ cups sweet milk and 4 teaspoons baking powder.

Flannel Cakes

Old-time favorites for frosty mornings.

- 1 cup sifted flour
- 4 teaspoons baking powder
- 1½ teaspoons salt
- 1 cup corn meal
- 1 egg, well beaten
- 2 cups milk
- 2 tablespoons Spry, melted

SIFT flour with baking powder and salt; add corn meal and mix. . . . Combine beaten egg, milk, and melted Spry. . . . Turn liquids into dry ingredients and stir gently until blended. . . . Drop by spoonfuls on hot griddle greased with Spry. When cakes puff and bubble, turn once and brown on other side. Turn only once. . . . Serve hot with maple sirup. . . . Makes 18 cakes.

Dumplings

Keep covered while cooking to prevent sogginess.

- 1 cup sifted flour
- 1½ teaspoons baking powder
- ½ teaspoon salt
- 1 tablespoon Spry
- ½ cup milk or water (about)

SIFT flour with baking powder and salt. . . . Cut in Spry until mixture is as fine as corn meal. . . . Add liquid and mix very lightly until a soft dough is formed. . . . Drop from teaspoon on boiling meat stew, cover very tightly, and cook, without removing cover, 12 minutes. . . . Serves 6.

Richer Dumplings may be made by using 1 beaten egg and ¼ cup milk, instead of ½ cup milk.

Christmas Bread

Richly laden with fruits and nuts. Make it at holiday time.

COMBINE milk and 2 tablespoons sugar and stir until dissolved. Cool to lukewarm. . . . Crumble yeast into bowl. Add lukewarm milk gradually and stir until yeast is dissolved. . . . Add flour and mix well. Let sponge rise until double in bulk. Cut down and let rise again until double in bulk. . . . Add remaining sugar, salt, melted Spry, beaten eggs, and flour. Knead until smooth. . . . Add fruits and nuts and knead until well mixed. . . . Shape dough into loaves and place in six 6½ x 3½ x 2½-inch loaf pans, greased with Spry. Cover and let rise until light. . . . Bake in moderate oven (350°F.) 45 minutes. . . . A combination of almonds and walnuts is delicious in this bread.

- 2 cups milk, scalded
- ½ cup sugar
- 4 compressed yeast cakes
- 4 cups sifted bread flour
- 2 teaspoons salt
- 1 cup Spry, melted and cooled
- 4 eggs, well beaten
- 6 cups sifted bread flour
- ½ pound citron, cut
- 1 pound dates, pitted and cut
- 1 pound candied cherries, cut
- 1 pound nutmeats, cut

Parker House Rolls

So light and tender they fairly melt in your mouth!

ADD Spry to hot milk, then add salt and sugar, and stir until dissolved. Cool to lukewarm. . . . Crumble yeast into bowl. Add lukewarm milk gradually and stir until dissolved. . . . Add eggs and blend. . . . Add flour, mixing well. Knead until smooth. Place in bowl greased with Spry, cover, and let rise until double in bulk. . . . Roll dough ½-inch thick, brush with melted butter, and cut with floured biscuit cutter. . . . Crease with dull edge of knife a little to one side of center. Fold over and press together. Brush with butter. Place rolls 1 inch apart in pan greased with Spry. Cover and let rise until light. . . . Bake in hot oven (425°F.) 20 to 25 minutes. . . . Makes 2 dozen.

- ½ cup Spry
- 1 cup milk, scalded
- 1 teaspoon salt
- ¼ cup sugar
- 2 compressed yeast cakes
- 2 eggs, well beaten
- 5 cups sifted bread flour
- 4 tablespoons butter, melted

Philadelphia Cinnamon Buns

For fancy pecan rolls, substitute chopped pecans for currants.

ADD Spry to hot milk, then add salt and sugar and stir until dissolved. Cool to lukewarm. . . . Crumble yeast into bowl. Add lukewarm milk gradually and stir until dissolved. . . . Add beaten eggs and blend. . . . Add flour, mixing well. Knead until smooth. Place in bowl greased with Spry, cover, and let rise until double in bulk. . . . Combine melted Spry and butter and mix ¼ cup with ½ cup sugar and water. Spread in bottom of pan. . . . Roll dough ¼-inch thick, brush with remaining shortening, spread remaining ½ cup sugar over dough and sprinkle with cinnamon and currants. Roll like jelly roll and cut in 1-inch pieces. Place cut side down on sugar mixture. Cover and let rise until light. Brush with melted butter and sprinkle with sugar. . . . Bake in hot oven (400°F.) 40 minutes. Makes 24.

- ½ cup Spry
- 1 cup milk, scalded
- 1 teaspoon salt
- ¾ cup sugar
- 2 compressed yeast cakes
- 2 eggs, well beaten
- 5 cups sifted bread flour
- ¼ cup Spry, melted
- ¼ cup butter, melted
- 1 cup sugar (brown or granulated)
- 2 tablespoons water or milk
- 1½ teaspoons cinnamon
- ½ cup currants or raisins

All measurements in this book are level

Peach Cobbler

Seasonal fresh fruits and berries make good ones, too.

- 1 can sliced peaches (1½ cups)
- ¼ cup sugar
- 1 tablespoon lemon juice
- 1½ cups sifted flour
- 2 teaspoons baking powder
- ¼ teaspoon salt
- 2 tablespoons Spry
- 1 egg, well beaten
- 6 tablespoons peach sirup
- ¼ cup peach sirup
- ⅛ teaspoon almond extract

PLACE peaches in 8-inch baking dish greased with Spry. Sprinkle with sugar and lemon juice. . . . Sift flour with baking powder and salt. . . . Cut in Spry until mixture is as fine as corn meal. . . . Combine beaten egg and 6 tablespoons peach sirup and add to flour mixture, mixing until a soft dough is formed. Spread dough over peaches. . . . Bake in hot oven (425°F.) 15 minutes. . . . Combine ¼ cup peach sirup and almond extract and pour over pudding. Return to oven and bake 10 to 15 minutes longer. Serve with a pitcher of cream. . . . Serves 8.

Red Cherry Roll

An excellent use for canned red cherries.

- 1 cup sugar
- 1 tablespoon flour
- 2 cups canned cherry juice
- 1 tablespoon butter
- 1½ cups sifted flour
- 2¼ teaspoons baking powder
- ¼ teaspoon salt
- 2 tablespoons Spry
- ½ cup milk
- 2 cups canned red cherries, pitted

MIX sugar with 1 tablespoon flour; add cherry juice and cook 1 minute. Add butter. Let stand. . . . Sift 1½ cups flour with baking powder and salt. . . . Cut in Spry until mixture is as fine as corn meal. . . . Add milk, mixing until a soft dough is formed. Turn out on floured board, knead lightly for about 20 seconds, and roll into an oblong about ¼ inch thick. . . . Spread cherries on dough, roll like jelly roll, and press edges together. Cut into 1½-inch slices. . . . Place slices in pan greased with Spry, and pour cherry juice sauce over top. . . . Bake in hot oven (425°F.) 25 to 30 minutes. . . . Serves 6.

Dutch Apple Cake

A new trick with one of your old favorites.

- 2 cups sifted flour
- 3 teaspoons baking powder
- 2 tablespoons sugar
- ½ teaspoon salt
- ¼ cup Spry
- 1 egg, well beaten
- ¾ cup milk
- 3 tablespoons Spry
- 1 tablespoon butter
- ¾ cup brown sugar, firmly packed
- 1 teaspoon cinnamon
- 1 tablespoon top milk
- 2 cups apples, sliced

SIFT flour with baking powder, sugar, and salt. . . . Cut in ¼ cup Spry until mixture is as fine as corn meal. . . . Combine beaten egg and milk and add to flour mixture, mixing until a soft dough is formed. . . . Melt 3 tablespoons Spry and butter together; add brown sugar, cinnamon, and milk, and mix well. Pour into 8 x 8-inch pan greased with Spry. . . . Press apple slices into mixture in circles. Spread dough over apples. . . . Bake in moderate oven (350°F.) 50 to 60 minutes. Serve upside down with whipped cream. . . . Serves 8 to 10.

Brown Betty

Use fresh crumbs for delicate moistness.

- 1 cup brown sugar
- 1 cup water
- ⅛ teaspoon salt
- Grated rind of 1 orange
- ¼ cup Spry, melted
- 3 cups bread crumbs
- 3 cups apples, sliced
- 1 teaspoon lemon juice

COMBINE sugar, water, salt, and orange rind, and simmer 10 minutes. . . . Mix melted Spry with bread crumbs. Place a layer in baking dish greased with Spry. . . . Cover with layer of apples. Alternate layers of crumbs and apples, finishing with crumbs. . . . Add lemon juice to sirup. Pour sirup over apples and crumbs. . . . Cover and bake in moderate oven (350°F.) 45 minutes. Uncover during last 15 minutes to brown. . . . Serve with cream. . . . Serves 8.

Strawberry Shortcake

For shortcake *de luxe*, add 1 beaten egg with the milk and use 3 tablespoons sugar.

Page 44

SIFT dry ingredients together and cut in Spry. Add milk, mixing to a soft dough. Knead lightly 20 seconds. . . . Divide dough in half. Pat one piece into 9-inch layer pan greased with Spry. Spread with Spry and cover with other half, patting to fit pan. . . . Bake in very hot oven (450°F.) 30 minutes. . . . Separate layers. Spread with butter; cover with ½ of berries. Place upper layer on top, cut side up. Cover with remaining berries. Serve with cream. . . . Serves 8.

- 3 cups sifted flour
- 4½ teaspoons baking powder
- 1½ tablespoons sugar
- 1½ teaspoons salt
- ¾ cup Spry
- ¾ to 1 cup milk
- 2 quarts fresh strawberries (hulled, cut in quarters, and sweetened)

Boston Cream Pie

For Washington Pie, spread raspberry jam between the layers.

1 tablespoon Spry
½ cup milk
1 cup sifted flour
1 teaspoon baking powder
¼ teaspoon salt
2 eggs, well beaten
1 cup sugar
1 teaspoon vanilla

Cream Filling

⅔ cup sugar
⅓ cup flour
⅛ teaspoon salt
2 cups milk, scalded
1 egg, slightly beaten
1 teaspoon vanilla

ADD Spry to milk and heat over hot water. . . . Sift flour with baking powder and salt. . . . Beat eggs until thick and light. Beat in sugar gradually. Add vanilla, then beat in hot milk gradually. . . . Fold in flour and blend thoroughly. Pour batter into 8 x 8-inch pan greased with **Spry pan-coat*. . . . Bake in moderate oven (350°F.) 40 to 50 minutes. Make Cream Filling as follows:

Mix sugar, flour, and salt. Pour on scalded milk gradually and cook over hot water until smooth and thick (about 15 minutes). . . . Pour over beaten egg, return to double boiler, and cook 2 minutes longer. Add vanilla. . . . Split warm cake and spread Cream Filling between layers. Sift confectioners' sugar over top. . . . Serves 8 to 10.

Arabian Dessert Cake

Lavishly spiced and topped with a crusty, baked-on meringue.

½ cup Spry
½ teaspoon salt
¾ teaspoon ginger
1 teaspoon cinnamon
½ teaspoon cloves
½ teaspoon allspice
½ teaspoon soda
1 cup brown sugar, firmly packed
2 egg yolks, beaten
2 cups sifted flour (cake flour preferred)
1 teaspoon baking powder
1 cup sour milk

Meringue

2 egg whites, unbeaten
1½ cups sugar
2 tablespoons water
½ cup nuts, chopped

COMBINE Spry, salt, spices, and soda. Add brown sugar gradually and cream until light and fluffy. . . . Beat egg yolks until thick and light and add to creamed mixture, beating thoroughly. . . . Sift flour and baking powder together 3 times. . . . Add small amounts of flour to creamed mixture, alternately with sour milk, beating after each addition until smooth. . . . Turn batter into 10 x 10 x 2-inch pan greased with **Spry pan-coat*. . . . Cover with Meringue made as follows:

Combine egg whites, sugar, and water in top of double boiler and mix thoroughly. Place over rapidly boiling water and beat constantly with rotary egg beater until mixture holds up in peaks (about 3 minutes). Remove from fire, cool, add nuts, and spread on batter. . . . Bake in moderate oven (350°F.) 50 to 60 minutes. Serves 10.

Apple Upside Down Spice Cake

A good dessert to serve warm after a light meal.

¼ cup Spry
½ teaspoon salt
½ teaspoon cinnamon
¼ teaspoon nutmeg
¼ teaspoon allspice
¾ cup sugar
1 egg, unbeaten
1¼ cups sifted flour
1½ teaspoons baking powder
½ cup milk
2 cups apples, sliced
3 tablespoons Spry
1 tablespoon butter
½ cup brown sugar, firmly packed
2 tablespoons milk

COMBINE Spry, salt, and spices. Add sugar gradually and cream until light and fluffy. . . . Add egg and beat thoroughly. . . . Sift flour and baking powder together 3 times. Add small amounts of flour to creamed mixture, alternately with milk, beating after each addition until smooth. . . . Arrange apples in 8 x 8-inch pan greased with Spry. Melt Spry and butter together; add brown sugar and milk and mix well. Spread over apples and pour batter over all. . . . Bake in moderate oven (350°F.) 50 to 60 minutes. Serve upside down with whipped cream or Lemon Sauce (page 47). . . . Serves 8 to 10.

**Recipe for Spry pan-coat on page 29*

Pineapple Upside Down Cake

Another fine dessert from topsy-turvy-dom.

- ⅓ cup Spry
- ⅛ teaspoon salt
- ½ cup sugar
- 1 egg, unbeaten
- 1¼ cups sifted flour
- 1½ teaspoons baking powder
- ½ cup canned pineapple juice
- ½ cup brown sugar, firmly packed
- 5 slices canned pineapple

COMBINE Spry and salt; add sugar gradually and cream until light and fluffy. . . . Add egg and beat thoroughly. . . . Sift flour and baking powder together 3 times. Add small amounts of flour to creamed mixture, alternately with pineapple juice, beating after each addition until smooth. . . . Sprinkle brown sugar on bottom of deep 8 x 8-inch pan, greased with Spry. Arrange pineapple slices on sugar and pour batter over all. . . . Bake in moderate oven (350°F.) 50 to 60 minutes. Serve upside down with whipped cream. . . . Serves 8 to 10.

Gingerbread

America's favorite since Colonial days.

- ½ cup Spry
- ½ teaspoon salt
- 1 teaspoon cinnamon
- 1 teaspoon ginger
- ¼ teaspoon nutmeg
- ⅛ teaspoon cloves
- 1 teaspoon soda
- ½ cup sugar
- 1 egg, unbeaten
- 1 cup molasses
- 2½ cups sifted flour
- ½ teaspoon baking powder
- 1 cup boiling water

COMBINE Spry, salt, spices, and soda. Add sugar gradually and cream until light and fluffy. . . . Add egg and beat thoroughly. Add molasses and blend. . . . Sift flour with baking powder 3 times. Add to creamed mixture, blending well. . . . Add boiling water and beat until smooth. . . . Pour batter into 10 x 10 x 2-inch pan greased with *Spry pan-coat* (see page 29). Bake in moderate oven (350°F.) 50 to 60 minutes. Serve in squares with whipped cream.

Gingerbread Banana Shortcake: while still warm, split gingerbread in half and put 4 bananas, cut in half lengthwise, between. Sprinkle with powdered sugar and top with whipped cream.

Steamed Chocolate Pudding

The proof is in the eating—try it!

- ¼ cup Spry
- ¼ teaspoon salt
- ½ teaspoon soda
- 1 teaspoon vanilla
- ⅔ cup sugar
- 1 egg, unbeaten
- 1½ ounces chocolate, melted
- ¾ cup sifted flour
- ½ cup milk

COMBINE Spry, salt, soda, and vanilla; add sugar and cream together until light and fluffy. . . . Add egg and beat thoroughly. Add chocolate and blend. . . . Add flour, alternately with milk, beating after each addition until smooth. . . . Pour into 1-quart mold, greased with *Spry pan-coat* (see page 29), cover tightly, and steam 1½ hours. Serve with Butterscotch Sauce (page 47) or Mint Sauce (page 47) or Chocolate Sauce (page 47). . . . Serves 6 to 8.

Steamed Fig Pudding

A happy ending for a winter meal.

- 6 tablespoons Spry
- Grated rind 1 orange
- 1 tablespoon lemon juice
- ½ teaspoon salt
- ⅔ cup sugar
- 1 egg, well beaten
- 6 tablespoons milk
- 1 cup very dry bread crumbs
- 2 teaspoons baking powder
- 1 cup figs, cut in small pieces

COMBINE Spry, orange rind, lemon juice, and salt; add sugar and cream together until light and fluffy. . . . Combine beaten egg and milk, add to creamed mixture, and blend. . . . Mix bread crumbs with baking powder thoroughly; add figs and mix well. Combine fig mixture with first mixture and blend. . . . Pour into 1½-quart mold, greased with *Spry pan-coat* (see page 29), cover tightly, and steam 2 hours. Serve with Spry Pudding Sauce Supreme (page 47). . . . Serves 10 to 12.

All measurements in this book are level

Baked Apple Dumplings

A great favorite that never grows old.

- 1⅓ cups sifted flour
- 1½ teaspoons baking powder
- ¼ teaspoon salt
- ⅓ cup Spry
- ¼ cup milk (about)
- 4 tart apples, cored and pared
- 1 tablespoon butter
- ¼ cup brown sugar
- 1 tablespoon lemon juice

SIFT flour with baking powder and salt. . . . Cut in Spry. Add milk, mixing to a soft dough. Turn out on floured board and roll into a 12-inch square. Cut into 4 squares. . . . Place an apple in each square. . . . Cream butter with brown sugar and place in apples. Sprinkle with lemon juice. Bring four corners of dough to top of apple and press edges together. Brush with milk. Place in pan greased with Spry. . . . Bake in hot oven (400°F.) 30 to 35 minutes. Serve with cream. . . . Serves 4.

Spry Pudding Sauce Supreme

A wonderful sauce!

- 3 tablespoons boiling water
- 1 cup confectioners' sugar
- 2 egg yolks, beaten
- ½ cup Spry
- 1 tablespoon butter
- 1 teaspoon flavoring
- 1 cup heavy cream, whipped

ADD boiling water to sugar and stir until completely dissolved. . . . Add beaten egg yolks. Place over hot water and heat thoroughly, stirring constantly. . . . Melt Spry and butter together and add to sugar mixture. Cool. . . . Add flavoring. (Try vanilla with lemon.) Fold in whipped cream. Makes 2 cups.

Lemon Sauce

Tart and transparent

- 1 tablespoon cornstarch
- ½ cup sugar
- Dash of salt
- 1 cup boiling water
- 1 tablespoon butter
- Grated rind of ¼ lemon
- 2 tablespoons lemon juice

COMBINE cornstarch, sugar, and salt, and mix well. . . . Add boiling water, stirring constantly, and boil gently 5 minutes. . . . Add butter and lemon rind and juice. . . . Makes 1¼ cups sauce.

Orange Sauce: use ½ teaspoon grated orange rind and 2 tablespoons orange juice instead of lemon rind and juice. . . . Try this sauce with Steamed Fig Pudding (page 46) or with Dutch Apple Cake (page 43).

Butterscotch Sauce

So easy . . . so delicious!

- 1 cup brown sugar, firmly packed
- ½ cup corn sirup
- ½ cup thin cream
- 1 tablespoon butter

COMBINE all ingredients and cook until a small amount of mixture forms a soft ball in cold water (238°F.) . . . Makes 1¼ cups.

Chocolate Sauce

Rich and chocolate-y

- 2 ounces chocolate
- 1 cup dark corn sirup
- ½ teaspoon vanilla
- 1 tablespoon butter

COMBINE chocolate and corn sirup and place over hot water, stirring until chocolate is melted. . . . Add vanilla and butter and serve. . . . Makes 1 cup.

Mint Sauce

Dainty and refreshing

- 1 egg white, unbeaten
- ¾ cup sugar
- 1 teaspoon light corn sirup
- ¼ cup water
- ⅛ teaspoon peppermint extract
- Green coloring

COMBINE egg white, sugar, corn sirup, and water in top of double boiler. Beat with rotary egg beater until thoroughly mixed. Place over rapidly boiling water, beat 3 minutes, or until mixture holds up in peaks. . . . Remove from heat and beat until slightly cool. Add flavoring and coloring to tint sauce a delicate green. . . . Makes 2 cups.

INDEX

BISCUITS AND BREADS

Baking Powder Biscuits 39
Breakfast Gems 38
Coffee Cake 38
Cheese Biscuits 40
Christmas Bread 42
Creole Corn Muffins 38
Deviled Ham Rolls 40
Dumplings 41
Flannel Cakes 41
Fresh Corn Bread 37
Griddle Cakes 41
Honey Rolls 40
Lunch-box Loaf 41
Muffins 38
Orange Bread 40
Parker House Rolls 42
Philadelphia Cinnamon Buns 42
Skillet Corn Bread 37
Southern Biscuits 40
Waffles 41

CAKES

Banana Layer Cake 27
Butterscotch Cake 27
Chocolate Cake 26
Chocolate Layer Cake 29
Devil's Food Cake 26
Double Fudge Cake 26
Milk Chocolate Cake 27
Milk 'N' Honey Cake 30
Nut Cup Cakes 28
Orange Coconut Cake 30
Peanut Butter Cup Cakes 28
Queen Cake 28
Silken Gold Cake 30
Tri-layer White Cake 28

COOKIES

Aunt Jane's Sugar Cookies 33
Brownies 36
Brown Rim Cookies 34
Chewy Ginger Cookies 35
Chocolate Mint Wafers 36
Chocolate Pecan Wafers 34
Date Bars 36
Dundee Cookies 35
Filled Cookies 34
Molasses Taffy Squares 36
Nut Brown Cookies 36
Peanut Cookies 34
Persian Cookies 35
Refrigerator Cookies 35

DESSERTS

Apple Upside Down Spice Cake . . . 45
Arabian Dessert Cake 45
Baked Apple Dumplings 47
Boston Cream Pie 45
Brown Betty 43
Dutch Apple Cake 43
Gingerbread 46
Peach Cobbler 43
Pineapple Upside Down Cake 46
Red Cherry Roll 43
Steamed Chocolate Pudding 46
Steamed Fig Pudding 46
Strawberry Shortcake 44

FROSTINGS AND FILLINGS

Banana Frosting 31
Boiled Frosting 32
Butterscotch Icing 32
Chocolate Frosting 31

Frostings and Fillings (Continued)

Creole Frosting 31
Nut Fudge Frosting 32
Sea Foam Frosting 32
Silken Gold Icing 31
Toasted Walnut Filling 32
White Fudge Icing 31

DEEP FRYING

Doughnuts 3
French Fried Potatoes 2
French Fried Vegetables 2
Fritters 4

SHALLOW FRYING

Codfish Balls 7
Corn and Egg Cutlets 6
Deviled Oysters 7
Maryland Chicken 7
Salmon Cutlets 6
Shallow-fried Vegetables 7

SAUTÉING

Armenian Rice 10
Beefsteak "Sautébroil" 8
Crystal Apple Rings 10
French Toast 11
Fried Onions 10
Hungarian Veal Cutlets 10
Sandwiches 11
Savory Beef 9
Southern Fried Chicken 9
Spencer Method of Cooking Fish . . . 8
Stuffed Meat Loaf 9
Texas Hash 10
Tomato Toast with Cheese Sauce . . 11

PIES, TARTS, AND PATTIES

Beefsteak Pie 21
Biscuit Crust for Meat Pies 22
Blueberry Nectar Pie 14
Butterscotch Pie 17
Canned Fruit Pies 15
Chocolate Chiffon Pie 18
Concord Grape Pie 14
Cranberry Apple Pie 15
Cream Pie 17
Crimple Crust Chicken Pie 21
Custard Pie 18
Deep-dish Peach Pie 15
Easy Mince Pie 15
Eccles 20
Ham and Egg Pie 22
Lemon Fluff Tarts 20
Lemon Meringue Pie 17
Meringue 20
New England Squash Pie 18
One-crust Pie or Baked Pie Shell . . . 16
Orange Coconut Pie 18
Paradise Tarts 20
Pie Crust 13
Rhubarb and Pineapple Pie 14
Southern Pecan Tarts 20
Spicy Apple Pie 14
Spry Pastry Mix 23
Sweet Potato Pork Pie 22
Tart Shells and Patties 19
Turnovers 14
Veal Potpie 22

SAUCES

Dessert Sauces 47
White or Cream Sauce 11

SPRY PAN-COAT 29

Keeps Sweet on Pantry Shelf

There's no need to put Spry in the refrigerator. It's ALL-vegetable—contains not a trace of animal fat. It stays fresh and sweet indefinitely at room temperatures. That means Spry is never stiff and hard but always soft, creamy, ready to mix—quickly and easily—with the other ingredients. So keep Spry right on the pantry shelf.

Spry's Superior Quality Never Varies

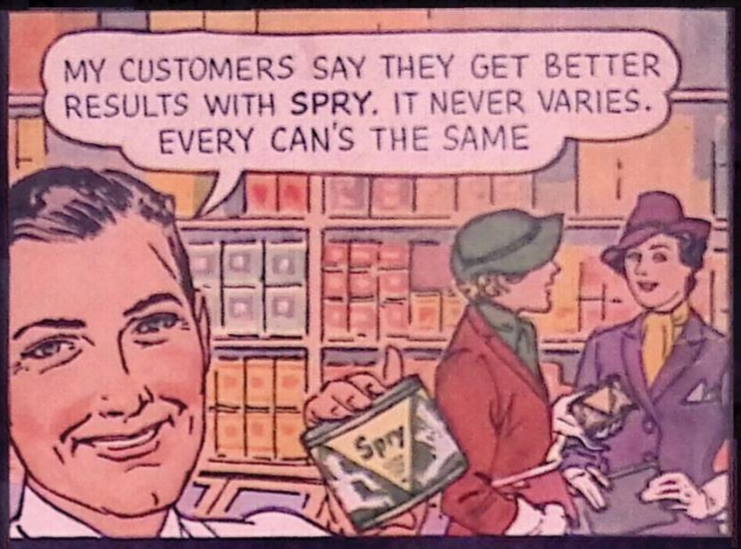
You can buy Spry with absolute confidence that every can will be of the same unvarying high quality—will give perfect cooking results every time. You can *always* depend on Spry. It's made from the choicest vegetable oils, the very cream of them! Every step in making the product is carefully watched, every batch tested and re-tested. *Every* can of Spry is up to standard, a standard of purity and goodness never before achieved by any shortening manufacturer. No wonder food prepared with Spry *always* tastes so good, digests so easily.

The "Best Shortening I Ever Used—and the Most ECONOMICAL," women say

And they're absolutely right! Spry costs very little in the first place and you can use every bit of it. The very last spoonful in the can is as sweet and fresh as the first. You never lose the delicate flavor of cake or pastry that wins praise from family or guests. Spry brings out every last bit of flavor. Spry stays fresh and clear after repeated fryings, too. You can deep fry with it over and over—another saving. Make Spry *your* shortening for every use from now on. Enjoy cooking results you've never known before and save money, too.

LEVER BROTHERS COMPANY
Cambridge, Mass.
Printed in U.S.A.

HERE'S WHY THEY ALL USE SPRY !



The new, purer, all-vegetable shortening TRIPLE-CREAMED

Sold in 1 lb. and 3 lb. cans

Thrifty women buy the economical 3 lb. size. Stays fresh and sweet until used up.

Tested and Approved by Good Housekeeping Bureau